



← NAILED IT
Manicurist
Roseann
Singleton and
makeup artist
Derrick Rutledge
prep Oprah
for the shoot.

### ↓ EAR CANDY Amid a sea of colored earrings, classic white diamonds from Leviev were the stars. ■ Colored ■ Colore

### Razzle Dazzle





CHAIN
REACTION
O creative director
Adam Glassman
peruses necklace
options.





"THEY ARE SEWING UP MY DRESS so you don't see my bra-ssiere," said Oprah, holding still so tailor Nile Cmylo could stitch up the back of her elegant Xscape gown. "And Lord knows I have to wear a bra-ssiere. Bra is not a bad word, people!" Foundation laid, Oprah channeled her inner Elizabeth Taylor to vamp it up old Hollywood–style... until a new problem breezed in. "The wind machine is making my eyes tear," she said, before urging the crew to pick up the pace: "Let's shoot this thing!" —Clarissa Cruz



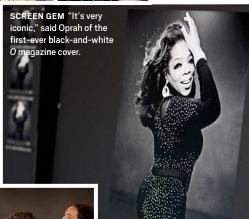
↑ DREAM TEAM Fashion editor Jenny Capitain, tailor Nyle Cmylo (stitching Oprah's dress), and hairstylist Andre Walker.



← SPARKLE
PLENTY
Cmylo amps up the
wattage of Oprah's
on-trend navy
gown by adding
Swarovski crystals.



Blipp this page or this month's cover to unlock an exclusive behind-the-scenes video of our May cover shoot. Need the Blippar app?
Download it free. (Available on Apple, Android, BlackBerry, and Windows.)





↑ BLOWN AWAY Walker perfects Oprah's hair while photographer Ruven Afanador gets his shots.

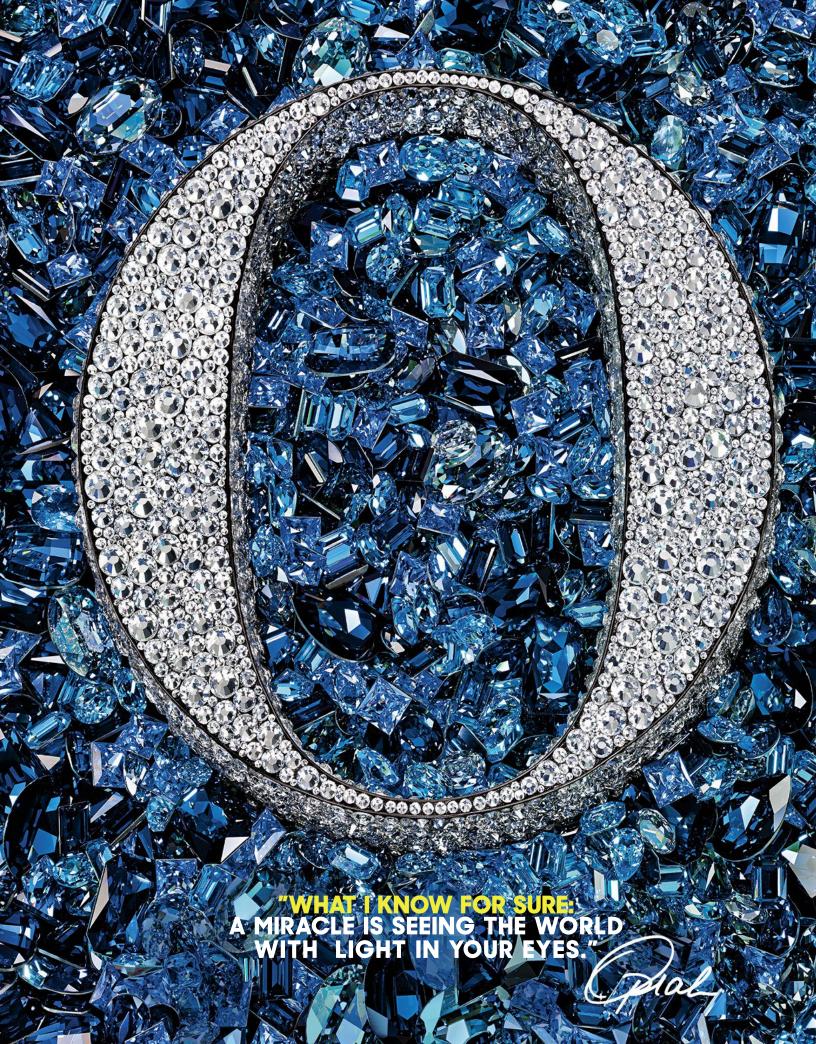


#### Win It!

Turn to page 20 to see how you can enter to win one of 15 limited edition covers—decorated with real crystals from Swarovski and autographed by Oprah—as well as luxury beauty products worth \$500.

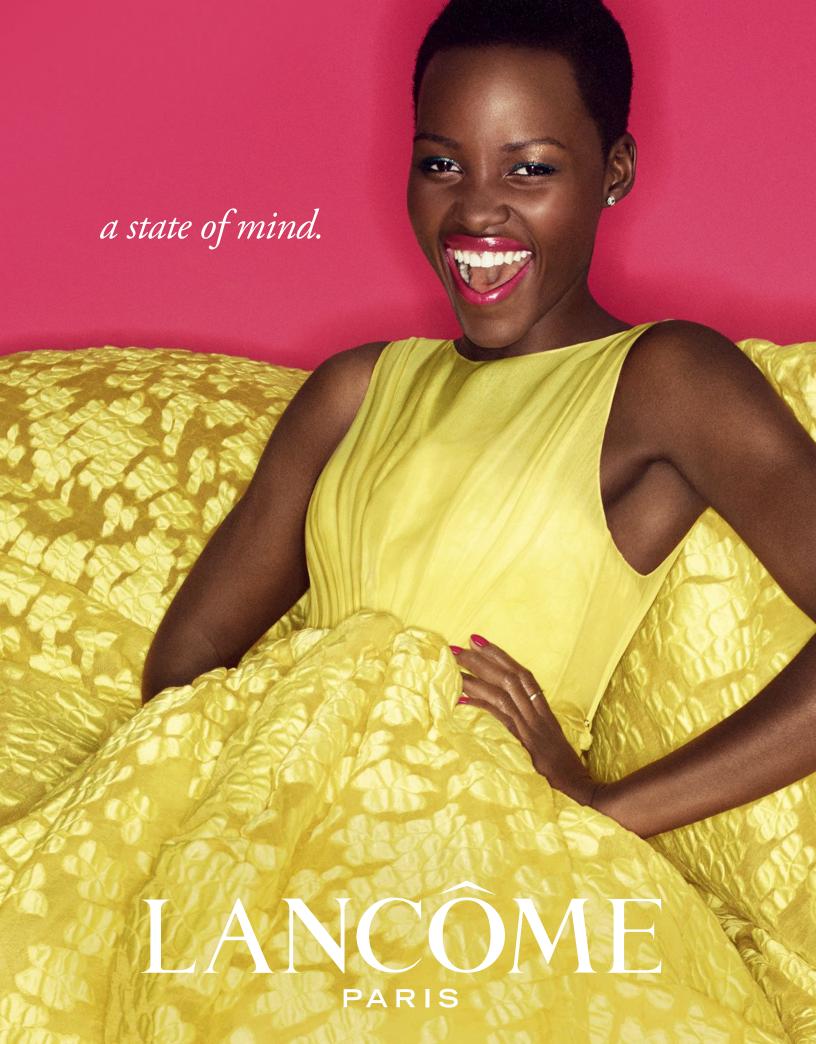








# LANCÔME



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### May 2015

**GET READY, DEAR READER:** The issue of O you hold in your hands is something extra special! For this month only, to mark our 15th anniversary, we've transformed the magazine into a keepsake guide to the most memorable things we've learned so far....

Every Day Is a Chance to Shine Get a closer look at the making of our bejeweled cover. (It took a small village, thousands of gems, and a few overnight shifts.) 14

2

People Say the Wisest Things Sound advice from you, our brilliant readers. **25** 

3

Giving Is a Gift You Give Yourself We've got a special all-crystal O List—and 15 lucky readers will win it all! 32

/ra Mara B

#### You're More Beautiful Than You Know

Four women discover that their distinctive features make them uniquely gorgeous. **51** 



O, The Oprah Magazine (ISSN 1531-3247) is published monthly, 12 times a year, by Hearst Communications, Inc., 300 West 57th Street, New York, NY 10019, U.S.A. Periodicals postage paid at New York, NY, and additional entry post offices. Canada Post International Publications mail product (Canadian distribution) sales agreement no. 40012499. Postmaster: Send all UAA to CFS. (See DMM 707.4.12.5.) Nonpostal and military facilities: Please send address changes to 0, The Oprah Magazine, P.O. Box 6000, Harlan, IA 51593. Printed in the U.S.A.



You're Stronger Than You Think Meet some gutsy women who encountered a problem and said, "I've got this." 82





7

#### Nobody's Perfect

Laugh with us—or at us—as we look back on some of our most misguided moments. 93

8

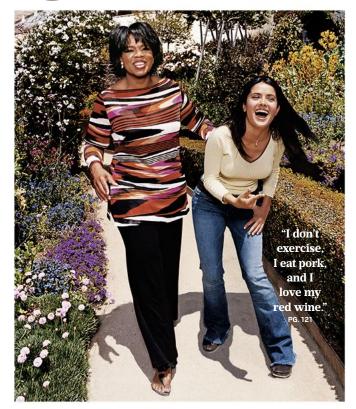
#### It's Never Too Late

A financial analyst-turnedrum distiller, a lawyer who put down her briefcase for good and picked up her guitar: stories of reinvention that could inspire your own. **101** 



9

Books Are a Girl's Best Friend Fifteen of our favorite writers recommend the underappreciated books they love most. **111** 



10

Conversation Feeds the Soul Funny, revealing, and thought-provoking exchanges from 15 years of O Talks, including Chris Rock on the power of funny, Tina Turner on Ike's taste in ladies, and Tina Fey on Kit Kats

11

versus doughnuts. 121

Your Body Deserves the Best We've rounded up some of the healthiest habits—starting with, yes, a morning cup of coffee. **138**  12

#### Your Intuition Has Something to Tell You

Instinct can guide you to happiness—if only you tap into it. *Martha Beck* has five exercises to get you there. **149** 

13

The Journey Is
Everything From the
O archives: unforgettable
wisdom on how to find
meaning, stay strong, and
live with purpose. 157

14

Life Is a Banquet Fifteen food and drink stars whip up a memorable anniversary meal, starting with a bubbly cocktail and ending with a decadent brown butter torte with whiskey cloud cream. (Now, that's something to celebrate.) 164

15

Most of All, Look Ahead Oprah embraces the next chapter. **187** 

#### **COVER CREDITS**





Oprah photographed by Ruven Afanador. Fashion editor: Jenny Capitain. Hair: Andre Walker. Makeup: Derrick Rutledge. Set design: Todd Wiggins for Mary Howard Studio. On Oprah: Dress, Xscape customized with Swarovski crystals. Earrings, Leviev. For details see Shop Guide. Inside cover: Mitchell Feinberg. Stylist and model maker: Megan Caponetto for Apostrophe. Crystals, Swarovski.







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Everything changes.

It's not so much what you

stand for-

it's what you're willing to get

back up for.

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Every person on this planet is important and deserves to be treated that way.

Love exists. It's just a matter of accepting it!

Time spent

reading is always time

well spent.

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My dog, DB (Davidbeckham), is the most adorable pug in the universe.

OPRAH.COM

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Destiny and free will go hand in hand. Fate requires your participation to help you reach your full potential. Also, a second slice of pizza is never a bad thing.





#### THEOPRAH MAGAZINE

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ASSOCIATE PUBLISHER/MARKETING

Julia Frv

Michael D. Small

A solution can be found for NATIONAL DIRECTOR, SALES AND BUSINESS DEVELOPMENT every challenge-but failing that, Maureen Mooney

**GENERAL MANAGER** 

**Nancy Denholtz** 

It's important

to have a good laugh

every day.

Karaoke will always make me feel better. Thank

von Hall & Oates

Μv mother was right.

there's wine!

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Murphy's Law is real, and when it happens. it makes you stronger.

Every

day is

another shot to get

things

right.



## The 15-Day Give-O-Way!

O wants to make your summer sparkle!
Fifteen lucky readers will take home all 20 of the gorgeous gifts from our crystal-themed O List on pages 32–36.
For your chance to win, just follow the two simple steps below.































#### **HOW TO ENTER**

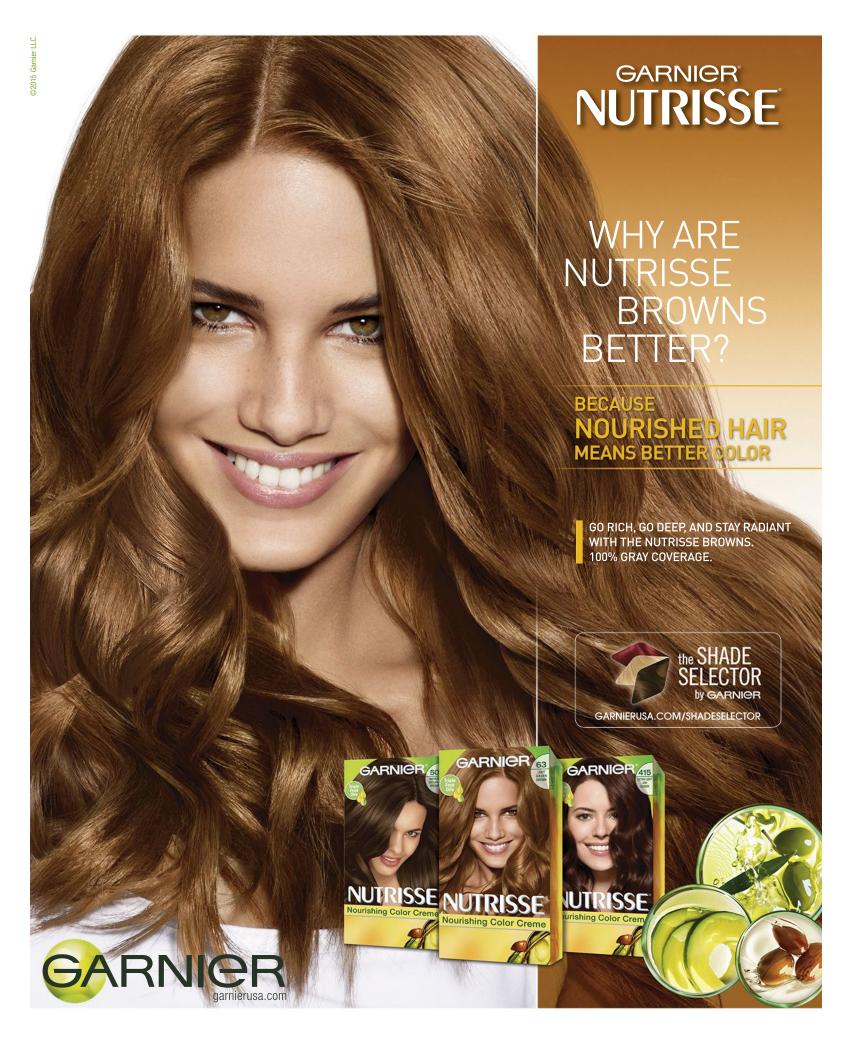
#### Step 1

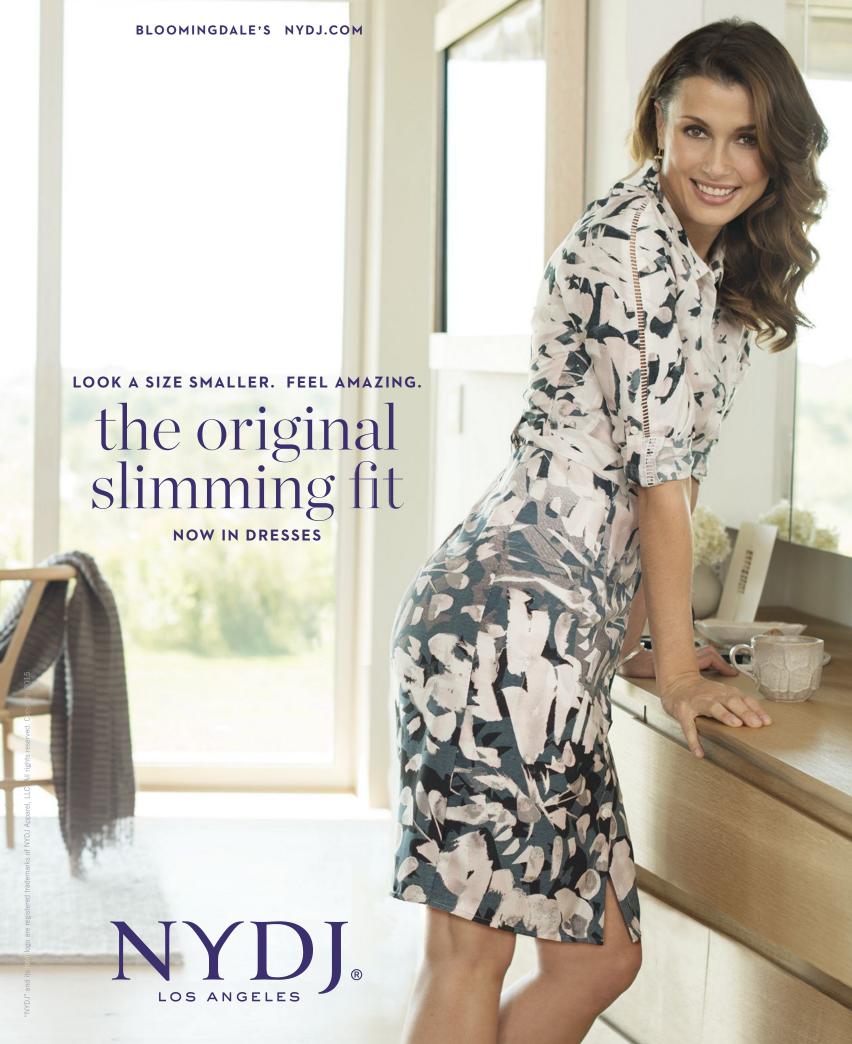
Find the 15 gem icons (pictured above) hidden in the pages of this issue—one for each day of the sweepstakes. Take note of the special code below the gem icon.



Once a day, from April 20 to May 4, you can enter for a chance to win by logging on to oprah.com/15daysofsparkle and typing in the day's special code. Entering each day will increase your chances of winning.





















#### BASE INSTINCT

Caponetto and Costa inspected the wooden lasercut O templates, which they glued together and painted a glossy black.

#### GOING STEADY

Right: Caponetto added wire to the O's edges to make sure it kept its shape. Below: Each crystal was secured with Dazzle-Tac jewelry glue.



#### "WE'VE BEEN CRYSTALING nonstop

since 6 A.M. Saturday," said stylist and model maker Megan Caponetto, smiling in spite of her exhaustion, at the Thursday cover shoot in New York City in late January. "Just one panel of this O took seven or eight hours." The heroic effort paid off: This month's inside cover is a work of art made of Swarovski crystalsin keeping with the tradition of crystal as the classic 15th anniversary gift. Inspired by the gorgeous, meticulously crafted pavé gem pieces of Paris-based jewelry designer JAR, the O has JAR's signature 3-D sparkle (but not the six-figure price tag). The twinkly creation was shot



PHOTOGRAPHS BY Sioux Nesi

staying up than most people," she

says. "And I'm kind of a control freak."





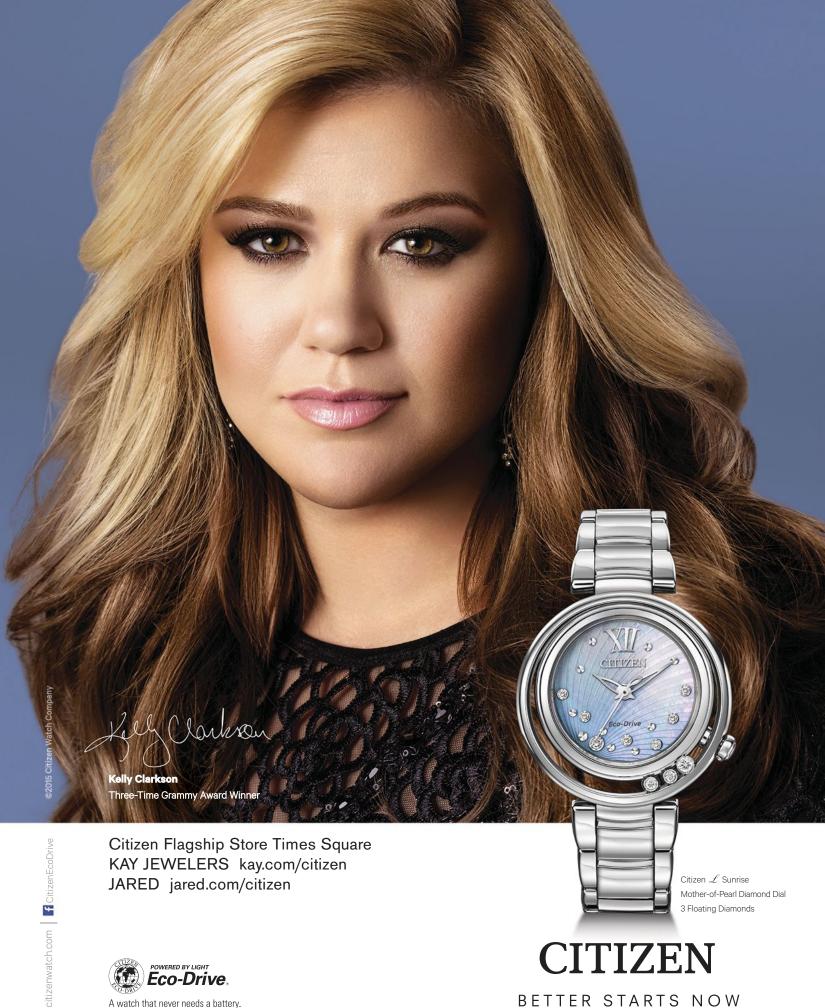
BY THE NUMBERS



Glues tested before the team settled on Dazzle-Tac. "We loved everything about it: the way it applies, how long it stays wet, the controllability," says Caponetto. "The minutiae really make a difference."

Crystals that Swarovski (celebrating its 120th anniversary this year!) gave Caponetto for the project. "These crystals are so high quality, and they shine better than others," says Caponetto. "Of all the thousands they sent, not one was imperfect, which is very rare."





A watch that never needs a battery.

BETTER STARTS NOW





against two backgrounds-one pink, one sapphire-before the latter was declared the winner. Work this detailed requires precision and a top team: Caponetto, first assistant Tim Costa, and second assistant Rodney Dejong used sculpting tools and tweezers to make sure every bit of sparkle fit just so. But eventually it was time for Caponetto to put away the sharp objects. Said O creative director Adam Glassman, "She hasn't slept for days!"

-Clarissa Cruz

THE GLITTERATI

From left: Caponetto sorted all the crystals by size and color before getting to work; Feinberg carefully poured them. "We needed gloves to prevent fingerprints," says Caponetto.



ON REFLECTION Caponetto and Feinberg had to get the placement of each crystal exactly right. "It's all about the lighting," says Caponetto, "because crystals are like little mirrors."





Fifteen lucky **Premier** members of O's Circle of Friends will win the prize of a lifetime: the May 2015 anniversary issue with a cover adorned in actual Swarovski crystals and signed by Oprah, plus a selection of luxury beauty products worth \$500! Here's how to enter:

If you're not already a Premier member, you can sign up or upgrade at omagcircle.com/crystal.

Go to omagcircle.com/crystal between April 14 and June 12.

#### STEP 3

Tell us (in 100 words or less) what makes you shine.

#### STEP 4

Bask in your radiance while waiting to see if you've won!





Hours the team spent on the project. "Each crystal was hand placed and hand glued," says Caponetto, who worked with small clusters of three or four to prevent gaps.

Approximate dollar value of the Swarovski crystals used on the O project. Caponetto chose from more than 40 sizes, 40 styles, and 25 colors, including rose peach, denim blue, emerald green, and light amethyst.



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# CLARINS



"The color looked more natural, without the 'painted on' look."

Linda, IN



"I LOVED the BRUSH...
It was genius and gave
perfect, even coloring."
Sharon, CA

# 4 OUT OF 5 WOMEN\*

WHO TRIED EXCELLENCE AGE PERFECT
AGREE\*\* THAT IT GAVE THEM THE CONFIDENCE
TO EMBRACE THEIR AGE, NOT DEFY IT.

See what our readers are saying\* about L'Oréal's 1st haircolor for mature hair.



"I'm 62, and I feel and have the energy I had in my 40s, and when I look in the mirror I don't see someone in her 40s. After using Excellence Age Perfect, I see the woman who I'm living." *Deloris, PA* 



"I wanted a product that made my hair look healthy, look younger, and covered the gray. And this product came through all around!" *Mary, TX* 

NEW
EXCELLENCE
AGE PERFECT

\*Source: A survey of 97 *O, The Oprah Magazine* opt-in subscribers age 55+ who used blonde or brown at-home haircolor other than L'Oréal Paris Preference, Feria or Excellence in the past 6 months and tried a free sample of L'Oréal Paris Excellence Age Perfect.

\*\*% agree strongly or agree, on a scale of agree strongly, agree, disagree or disagree strongly.





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Life lessons from some of the smartest advisers we know: our readers.

ooking for some friendly guidance to live a happier, fuller life? Look no further than your fellow O readers. We asked, What's the one piece of wisdom you'd like to share with the world? You answered....

Life is here today, gone tomorrow, so sow the right seeds—you'll be eating from your own garden.

Barbara Pippins, Greenville, North Carolina



JUST
BECAUSE
YOU'RE
HANDED A
CACTUS
DOESN'T
MEAN YOU
HAVE TO
SIT ON IT.

Melissa Accadia Leander. Texas

You are not put on this planet to make everyone happy. You're here to be your best you.

Sophia Greene, Brooklyn

We cannot change the direction of the wind, but we sure can change the direction of our sails.

**Michelle Lorusso** Lake Wylie, South Carolina Don't let anyone take away your joy.

Donna Pressley

Carlisle, Pennsylvania

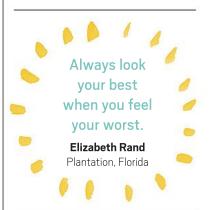


NEVER FORGET THE BRIDGE THAT BROUGHT YOU ACROSS.

Rose Rozier, Brooklyn

Go outside as often as you can—without your phone or headphones—and soak up your surroundings. Try to see the smallest, most unique part of your environment. Then look for the most majestic. When we rush through our days, we miss so much of what's around us. There is strength in the smallest details of our experience.

Nancy Bensfield, Westmont, Illinois



Why settle for crumbs when you can have the whole loaf?

Marisa Tigney, Columbus, Ohio

The short-term pain of facing a truth is far better than the long-term pain of believing a lie.

Christy Alsandor, Sugar Land, Texas

Still hoping for results from your wrinkle cream?

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Patricia Kincaid, Scottsdale, Arizona

**LOVE IS LIKE A** FAUCET. IF YOU LET IT RUN. YOU CAN FILL UP GLASS AFTER **GLASS—WHICH MEANS YOU CAN GIVE LOVE TO** AS MANY PFOPI F AS YOU WANT. REMEMBER TO GIVE YOURSELF A GLASS **EVERY DAY. TOO.** 

> **Barbara Fryman** North Olmsted, Ohio

What you permit, you promote!

Arlene Pollock LaQuey Park City, Kansas

The harder you work, the luckier vou get.

Risk is a part of life, work, and love. If you leap, a net will appear.

**Barbara Talisman** Washington, D.C.

#### Your body will rust out before it wears out. Get up and move!

Stephanie Suggs, Orlando

My mother always said, "Accuracy first, and speed will come automatically."

Maya Bechi, Cypress, Texas

Self-discovery is the best investment you can make. To know yourself deeply reveals your true purpose and brings forth genuine joy.

Shaina Leis, Los Angeles



My 90-year-old granny gave me the best advice to stay youthful: Keep an open mind, be curious, and exercise for an hour every day.

> Nina Nixdorf Cologne, Germany

On the stage of life, play your role with gusto. Someone is waiting for your cue!

> Charlene Mozee Harris Denver

Always speak your truth. You can never be faulted when it comes from your heart.

Laurie Greenberg, Ann Arbor, Michigan

My mother taught me to always bite down on my words at first, because once you spit them out, you can never swallow them.

Nkem DenChukwu

Sugar Land, Texas





**POWER OF** 



# \_\_3\_\_







Gorgeous ways to bring a little sparkle to someone you love.



#### THIS ISN'T JUST A MOTHER'S DAY GIFT

IT'S A HANDFUL OF MESSAGES LAYERED ONE OVER THE OTHER.

SOME TELLING THE WORLD EVERYTHING.

OTHERS SPEAKING ONLY TO HER. WHAT WILL IT SAY TOMORROW?

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# PANDÖRA®



## The 15th Anniversary Issue LIST

This month, we're all about crystal the customary gift when you're 15 years in. Turn to page 10 to enter for a chance to win everything on the list!



#### **Star Power**

The mini bottles are stunning (each one in this three-piece set is sheathed in Swarovski crystals), and the scents are seductive. All that's missing is a man in a tux dabbing some on your neck as the sun sets over Manhattan. (Bond No. 9 New York Mini Trio Swarovski, \$375; bondno9.com)









#### Puttin' on the Glitz

Why frame your beloveds in silver when this dazzling quartz frame will put a twinkle in their eye? (Crystal Quartz Frame, originally \$185 for 4" x 6", now 20 percent off with code OPRAH; marquettehome.com)

#### Glass Act

Do you get no kick from Champagne? These richly colored lead crystal coupes by Waterford are a fresh alternative to flutes. (Mixology Assorted Color Champagne Coupes, \$350 for set of four; waterford.com)





#### **Tiny Dancers**

If you like stones more delicate than decadent, these necklaces (available in silver, gold vermeil, and rose gold vermeil) feature a glass pendant filled with shimmering crystals. (Small and Large Branch Glass Shaker Necklaces, originally \$120 to \$188, now 20 percent off with code OPRAH; catherineweitzman.com)



#### Clear Winner

This sleek handmade Bohemian-crystal pitcher, encrusted with extra-clear stones, may not turn your water into wine, but it does make for a very pretty pour. (Preciosa Crystal Celebration Pitcher, originally \$175, now 20 percent off with code OPRAH; divino.us)

#### Twinkle, Twinkle, Little Star

Whether you need a fashionable day clutch or a gleaming accessory for evening, these bags are spotlight-ready thanks to beading with an Art Deco feel. (Marion Zip Pochettes, originally \$60 each, now 20 percent off with code OPRAH; shiraleah.com)







This sporty piece (which can be worn as a double-wrap bracelet or a choker) is a nylon fishnet tube filled with mini Swarovski crystals, so it glistens from every angle. (Stardust Double Bracelets, \$79 each; swarovski.com)



Oprah's favorite white watch gets

a color-happy upgrade: The face

is illuminated with a rainbow of

Swarovski pavé crystals, and the

pearlized patent leather strap has

a purple lining. (Bold Large 42

Watch It!

#### Nice Serve

Make a gorgeous wedding gift of this cake-serving set with rhinestone handles...or just keep it and cut yourself some snack. (Princess Collection Set, originally \$189, now 20 percent off with code орган; alanleecollection.com)



#### Ice, Ice, Babv

Bring out this sophisticated lead crystal bucket, and your ice might just upstage your cocktail. (Celeste Ice Bucket, originally \$395, now 20 percent off with code OPRAH15; ralphlauren.com)



#### **Reading Rainbow**

Finally, reading glasses that look chic, not stodgy: These statement spectacles are highlighted with a dusting of Swarovski crystals and come in 12 colors that correspond to birthstones. (Birthstone Readers, originally \$43 each, now 20 percent off with code OPRAH; jimmycrystalny.com)



#### **Gem Dandy**

Slather Mom in jewels! These handcrafted soaps are made with vegetable-based ingredients and come in scents complementing the gems that inspired their colors (e.g., rose quartz smells like grapefruit). (Pelle Soap Stones, originally \$12 to \$48 each, now 20 percent off with code OPRAH; pelledesigns.com)

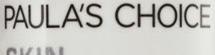








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#### **ZEE ALEXIS**

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#### **SEE'S CANDIES**

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Enter the "Alexia at the Table" Sweepstakes for a chance to win. Three lucky winners will receive an exciting prize package of items from the O List.

Visit **Omagonline.com/alexia** for details on how to enter.

NO PURCHASE NECESSARY TO ENTER OR WIN. "Alexia at the Table" SWEEPSTAKES. THIS SWEEPSTAKES IS IN NO WAY SPONSORED, ENDORSED OR ADMINISTERED BY, OR ASSOCIATED WITH, FACEBOOK. YOU ARE PROVIDING YOUR INFORMATION TO O, THE OPRAH MAGAZINE AND NOT TO FACEBOOK. Sponsored by Hearst Communications, Inc. Beginning February 17, 2015, at 12:01 AM (ET) through May 11, 2015, at 11:59 PM (ET) (the "Entry Period"): go to omagonline.com/alexia on a computer or wireless device and complete and submit the entry form pursuant to the on-screen instructions. Receive one additional entry: Entrants who "share" their entry on either Facebook or Twitter will receive one (1) additional entry ("Social Media Entry"). To receive an additional entry: either (i) log on to your Facebook account at Facebook .com and "share" the following message: "I entered the Alexia at the Table Sweepstakes", and include the sweepstakes URL: omagonline.com/alexia/; or (ii) sign into your Twitter account (at Twitter.com or via your Twitter app) and tweet #AlexiaAtTheTableSweeps; (iii) then, take a photograph or screenshot of your Facebook status or tweet and email it to: omagazineinfo@hearst .com (include "Alexia at the Table Sweepstakes" in the subject line). Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Open to the legal residents of the 50 United States and the District of Columbia who have reached the age of majority in their state or territory of residence at time of entry. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at omagonline.com/alexia.

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Hayley wanted the room to become less like an office and more like a bedroom, including adding a cozy nook to read, write,

and meditate.

O and IKEA developed the Create Your Space contest series to help our readers create areas in their homes that get every day off to a good start. Our third winner, Hayley, is a busy mother of two. The bedroom she shares with her husband, Bryan, had also become his office. What should have been a sanctuary became just another hectic room in the house. Hayley wanted to create a space that allowed them to reconnect at the end of the day, spend time with a good book or a cup of tea, and wake up reenergized. Using IKEA products, we designed a space that is simple and refined, providing a calm oasis for Hayley and Bryan.

Turn the page to reveal the ingenious design makeover.

Sponsored By



A soothing gray color on the walls encourages relaxation and meditation.



Transforming the bedroom into a tranquil oasis. (1)The EKTORP JENNYLUND chair, BAROMETER reading lamp, and a place for Hayley to settle down with a good book and a warm cup of tea. (2)The HEMNES nightstand and KVARNVIK the décor of the room. (3) IKEA pillows and fabrics finish the room with calming and comfortable earthy tones, producing relaxation. (4)The BEKKESTUA bed combination gives Hayley and Bryan serene sleep and a soft headboard to lean again.



#### Inside the Space

Hayley wanted a bedroom that is simple, relaxing, and electronicsfree. Before the makeover, there was little storage space, and home office equipment hummed away throughout the day. Moving the office out of the bedroom freed up space and created a peaceful atmosphere. IKEA PAX wardrobes (below LEFT) give Hayley closet space to call her own, since the 2x2 closet in the room barely let her and Bryan store all their things. To make a functional and calming space for Hayley, who thrives on simplicity and organization, the IKEA ANGENÄM dish, as seen here on the SILKEBORG rug (RIGHT), and LJUSNAN boxes (below RIGHT) provide more storage opportunities while adding peaceful earthy tones to the room. As a final touch, the IKEA KVÄVE table lamp (below RIGHT) creates relaxed and diffused mood lighting in the room.







TER reading lamp, and an IKEA throw and pillow create the perfect KVARNVIK boxes make storage simple and blend into e earthy tones, producing an environment that encourages rest and offt headboard to lean against when they want to talk or read in bed.



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#### TRENDING NOW

## Step into Summer

This year, celebrate summer in comfort and slip into fashionable footwear that will make your wardrobe shine. Vionic's line of effortlessly chic shoes feature the latest on-trend designs and will provide your feet with superior support. Check out the following tips from O's Merchandising Director Ashley O'Brien for ways to wear these warm-weather looks all season long.

These wedges are so versatile you can wear them with almost anything - shorts, skirts, dresses. They complete any summer look, whether you're hitting the town or going to a BBQ.

give them a boho feel and



The **ENISA** sandal is made with fine leather and a colorful wedge. Vionic's heel and wedge collection includes an enhanced contour in each footbed for greater comfort, as compared with a regular wedge.

With a timeless design and a signature metal trim, the **SYDNEY** is a classic driving loafer with modern appeal. Featuring Orthaheel Technology, this shoe naturally aligns your feet and helps to relieve heel pain.



These shoes are perfect in the summer months when you are looking for something close-toed. The metallic color matches almost everything, making them the ultimate packing essential!

ASHLEY'S
STYLE
TIP

Pair these with a beach
cover-up or a flowy sundress.
The metal embellishments

The **LIZBETH** sandal offers an adjustable backstrap, luxurious leather or natural cork finishing, and hammered metal embellishments for a gilded appeal. The lightweight, flexible midsole provides support to keep you on your feet all day and all night.

add a stylish twist that
will elevate your summer
wardrobe.

Vionic offers a wide range of styles suited for any occasion.
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Style should embrace your curves - including the arch of your foot. But regular flip flops are flat. So Vionic sandals are biomechanically designed to hug your arches and support the natural alignment of your feet, to support you in comfort throughout the day. All that, and they look great.



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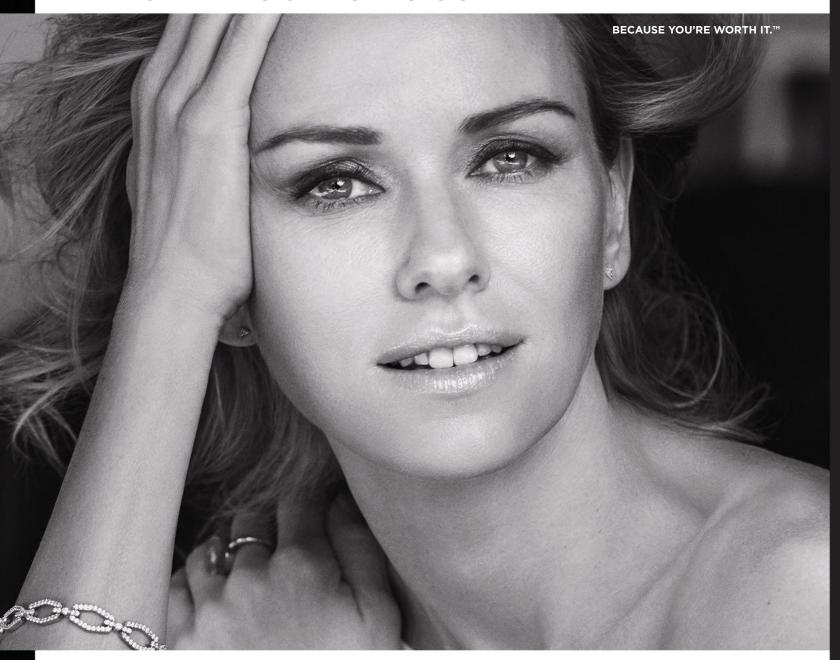
Four readers go from "flawed" to fabulous.



TRUTH: YOUR SKIN
CHANGES AS IT AGES.
Aging isn't just about lines
and wrinkles. It's also
about the loss of volume in your skin.

TRUTH: SKIN VOLUME CAN DECREASE OVER TIME. Hyaluronic — which maintains moisture in skin — decreases as skin ages. This can, in turn, create a loss of skin volume. You see deeper wrinkles, cheeks appear less rounded and eyes more hollowed. TRUTH: NOW YOU CAN HELP RESTORE VOLUME IN YOUR SKIN. Meet Revitalift Volume Filler, L'Oréal's latest skincare innovation. Volume Filler contains our highest dose of Hyaluronic. Used daily, it can help restore skin volume, for a more youthful look.

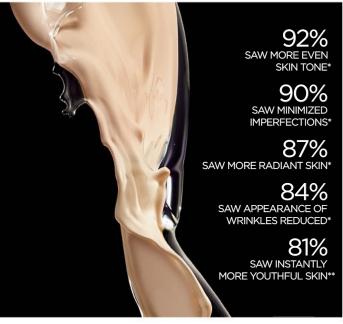
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\*Results based on consumer responses in a 4-week clinical study with makeup on, after 4 weeks of use. \*\*Results based on consumer responses in a clinical study with makeup on, immediately after application.

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# YOUR SKIN CHANGES WITH AGE. SO SHOULD YOUR SKINCARE.

#### **HOW AGE CHANGES YOUR SKIN**

With age, skin loses its ability to retain natural moisture to keep skin hydrated, leaving it looking dull and dry. Oils become a great choice to help seal in hydration with a concentrated dose of moisture, boosting mature skin's resilience and radiance.

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#### DRAW THE LINE AT DULL, DRY, TIRED SKIN

#### NOW, RESTORE RESILIENCE, RADIANCE, VITALITY



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  IN 1 MONTH: REVEALS FIRMER, MORE RESILIENT, RADIANT SKIN

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#### Gladys's Look

Since Sonia didn't want to mask Gladys's freckles. she just smoothed on tinted moisturizer (try Algenist Repairing Tint & Radiance Moisturizer SPF 30). She then gave Gladys a smoky eye using brown and black shadows (we like Tory Burch Pas du Tout Eye Shadow Palette), creating another point of contrast. Sonia used a peachy pink powder blush with a rose gold undertone (Sonia Kashuk Sahara Sunset Highlighter in Arabian Dreams is a good one) and, to keep the focus on the eyes, a spicy nude lipstick (such as Almay Smart Shade Butter Kiss in Nude-Light/Medium).

Fashion editor: Jenny Capitain.
Hair: Patrick Melville for
Patrick Melville Pipino Salon.
Colorist: Rick Wellman for
Sahag Workshop. Makeup:
Sonia Kashuk, makeup artist
and founder of Sonia Kashuk
Beauty. Makeup assistant:
Edward Cruz. Manicurist: AnaMaria for Formula X The System.





#### Joan's Look

Joan's gray had developed a yellow tinge, so colorist Rick Wellman of New York City's Sahag Workshop suggested a shampoo and conditioner with a slight purple or blue pigment, such as Clairol Professional **Shimmer Lights Shampoo** and Conditioner. ("Purple neutralizes brassiness," Rick says.) He also recommended a chic cut with a distinctive shape "because gray hair can easily look unkempt." And consider a glaze with a hint of violet, which will counteract any yellow and add shine.

Sonia opted for a wash of pale pink on Joan's lids (we like Shiseido Shimmering Cream Eye Color in Mousseline) and a touch of petal pink blush (try Nars DualIntensity Blush in Adoration). To highlight Joan's beautiful mouth, Sonia chose her Sonia Kashuk Lustrous Shine Lip Crayon in Orchid. "It's bright, but not severe," she says.



makes Tchesmeni's brows look more natural," she says. "Plucking them into a defined line would seem too harsh." Instead, she filled in sparse areas with a brown brow cream from her Sonia Kashuk Arch Alert Brow Kit. "In general, go for one shade lighter than your haircolor," Sonia says. Afterward, she combed them with a spoolie brush, then used clear brow gel (we like **Rimmel London Brow This** Way in Clear). She kept things light with a touch of champagne shadow (YSL **Couture Mono Eyeshadow** in Toile is good) on the inner corners of Tchesmeni's eyes, along with several coats of black mascara (we like Benefit Roller Lash). After dusting a peachy blush on the apples of Tchesmeni's cheeks (try Mary Kay Mineral Cheek Color in Shy Blush), Sonia dabbed a little highlighter along her cheekbones (Clinique Chubby Stick Sculpting Highlight is a good one). The final step: a coat of pink lip gloss (get Marc **Jacobs Enamored Hi-Shine** Lip Lacquer in Hey You).

Sonia wanted to bring out Jeanette's best features. "Defining the lashline puts the focus on Jeanette's eyes," Sonia says, "and nude, natural makeup colors accentuate her warm olive skin." Emphasizing Jeanette's eyes also helped balance her prominent nose. Sonia traced Jeanette's lashlines with black pencil (try **Estée Lauder Double Wear** Stay-in-Place Eye Pencil in Onyx) and swept soft brown shadow (we like Maybelline **New York Eye Studio Color Fusion Molten Cream Eyeshadow in Taupe Craze)** across her lids. Then she dabbed a rosy cream blush (like BareMinerals Pop of Passion Blush Balm in Natural Passion) on the apples of Jeanette's cheeks and used a sparkling nude gloss (try Dior Addict Gloss in Fastes).

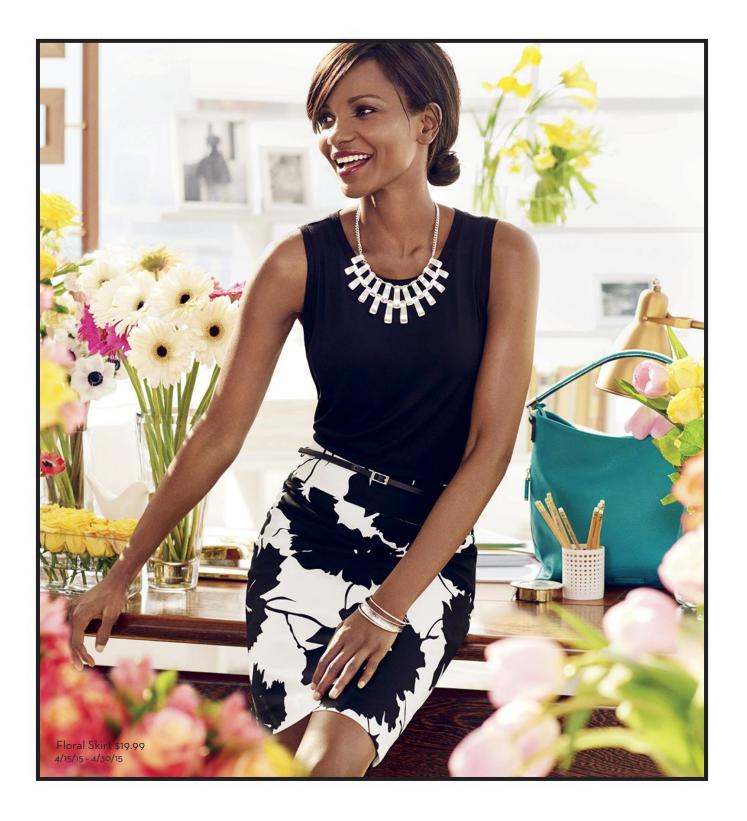


Some fashion "truths" are outdated, outmoded, and just plain out of style.

O creative director Adam Glassman presents a better way to get dressed.

PHOTO ILLUSTRATION: LO SIENTO

Flip the page!



Joy promotes joy-

employ it in abundance.

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Exclusively at JCPenney



PHOTOGRAPHS BY

Jonathon Kambouris

OLD SCHOOL

Comfort shoes are ugly.

#### NEW RULE!

With so many fashionable options out there, comfort no longer means frumpy. These triangle-heel sling-backs by former engineer and ballroom dancer Anyi Lu are not only sleek—they also have a cushy insole, a deep extended toe box, and arch support. Cha-cha-cha! \$425; anyilu.com.

OLD SCHOOL

You have to pay a lot for designer <del>looks.</del>





The latest designer collaborations give you a high-end look for considerably less. Check out these springy dresses from Milly for Kohl's and Lilly Pulitzer for Target (Gayle King was a big fan of the latter). From top: Milly for DesigNation, \$68; kohls.com. Lilly Pulitzer for Target, \$38; target.com.





OLD SCHOOL

You can't wear head-to-toe <del>denim.</del>

You can wear denim on denim without slipping into Texas tuxedo territory if you pair pieces with different washes—a chambray top and dark skinny jeans, for instance. Or you can hedge your bets with this Rag & Bone jacket: a dip-dyed denim number that's dark on top, bleached on the bottom. Rag & Bone, \$275; Barneys New York, 888-222-7639.



Brown is just as versatile, and it was all over the spring runways. Wear it the same way you'd wear black, and don't worry about matching your shoes. Tip: A rich luggage brown complements the most colors and is easiest to wear. Ivanka Trump, \$275; nordstrom.com.

OLD SCHOOL A diamond ring has to be a gift <del>or mark a</del> **special** occasion.

NEW RULE!

You can absolutely buy a right-hand ring for yourself, no milestone necessary. I'm crazy for these distinctive diamond pavé and white gold rings by Gabriel & Co. that will add sparkle to every outfit. Gabriel & Co., starting at \$2,100; gabrielny.com.

OLD SCHOOL White bottoms are only for summer.

# **NEW RULE!**

You can wear white year-round, and you definitely don't have to wait until Memorial Day. The important thing is to choose the proper fabrics and silhouettes. Go for textured materials and structured shapes, and avoid summery details like gauzy fabric or straps. \$119; anntaylor.com.





Good things come to those

who can't resist a detour.

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Exclusively at JCPenney



old school Horizontal stripes make

you look fat.

# NEW RULE!

There's no need to swear off stripes—as long as you find pieces that use them in flattering ways. This skirt breaks up the stripes with a zipper and tilts the pattern so it doesn't create a horizontal bar across your thighs. \$70; express.com.







Bra straps need to stay undercover:

# À

### NEW BILLET

With so many beautiful options available now, it would be a shame to let your bra straps stay in hiding. Look for this season's sweet and sexy straps with details so pretty that any slippage looks stylish. From top: \$73; cosabella .com. \$40 for bra-andpanty set (\$20 for your first set with code **орган20**); adoreme.com. B.Tempt'd, \$39; wacoalamerica.com. Heidi Klum Intimates, \$95; bloomingdales.com.

only for

winter.

OLD SCHOOL

only for evening.

\$70; hsn.com.

## NEW RULE!

You can and should wear suede year-round! To keep the look summery, choose lighter colors (think muted pastels and brights) and warm-weather pieces like tanks, strappy heels, or a fringed bag that's versatile enough to straddle seasons. Shoe, \$345; etienneaigner.com. Bag, Mondrina, \$460; handbagdesigner101 .com. Top, Lauren Ralph Lauren, \$325; bloomingdales.com.

# OLD SCHOOL Short women can't wear flares.

# **Y** NEW RULE!

Petite gals can wear everything their taller friends can—they just have to keep proportions in mind. To make your legs look longer, choose a higher waist. The pants should be tight and fitted to the knee. And look for a flare that's wide enough so you can hem the pants without ruining the silhouette. \$198; hudsonjeans.com.











All your jewelry <del>should be</del> the same metal.

# NEW RULE!

Matchy-matchy is boring-boring. Mix silver and gold for an effortlessly stylish look. Pair chunky pieces like this watch with delicate bling. From top: Bracelets, Maya J, \$99 to \$160; mayajnyc .com. Watch, \$395; citizenwatch.com. Bracelet, \$200; miansai .com. Bracelets, Maya J, \$199 and \$140; mayajnyc.com. Bracelet, \$75; miansai.com.



# NEW RULE!

Shorts can succeed in creative workplaces, so long as they provide the same coverage as a pencil skirt. Add a blazer, and avoid beachy fabrics. Pair shorts with stacked heels or wedges—never stilettos. Blazer, Lauren Ralph Lauren, \$275; bloomingdales.com. Blouse, \$69; talbots.com. Shorts, Risto, \$430; neimanmarcus.com. Bag, \$550; toryburch.com. Shoes, White House Black Market, \$125; whbm.com.



# OLD SCHOOL Bikinis are the only sexy swimsuits.

# NEW RULE!

I've always believed that a one-piece can be just as flirty as a twopiece, and now it seems designers agree with me. To keep the vibe sultry, not swim team, look for peekaboo details like the mesh and cutouts on this suit. Mossimo, \$40; target.com.



EVERY DAY SHAINA'S HUSBAND REMINDS HER OF WHAT CAN HAPPEN WHEN YOU OPEN YOUR HEART TO LIFE. SO DOES HER BRACELET.



Greenberg's Jewelers Hi-Ho Silver Rogers Jewelers For more stores, visit chamilia.com



OLD SCHOOL

# Avoid **miniskirts** if you're over 30.



# **♦ NEW RULE!**

It's taken a while, but I've finally loosened up on length. If you have the legs for a mini (especially if you're petite), go for it! Just make sure the length of the skirt is past your fingertips, and choose a sophisticated shape like the trumpet, soft flare, or envelope styles shown here. To balance the shortness of the skirt, your top should be modest—no plunging necklines, please. From top: Parker, \$253; parkerny.com. Nic + Zoe, \$128; nicandzoe.com. \$79; bananarepublic.com.

### OLD SCHOOL

# You have to match your shoes to your dress.



NO-FAIL Gold and brown are perfect partners for yellow. Lauren Ralph Lauren, \$165; ralphlauren.com.



DARING! A bright Dress, New York & orange heel is fresh and keeps Company, \$70; it all in the (citrus) family. nyandcompany.com \$395; Ikbennett.com.



# **▼** NEW RULE!

Keep an open mind when it comes to color combos, even with trickier spring shades like yellow, navy, and white. I've taken the liberty of showing you two shoe color choices: one a no-fail pairing and the other a bit more daring.



Dress, \$350; rebeccataylor.com



NO-FAIL When in doubt, go metallic. \$275; viaspiga.com.



old never-pair-black-andnavy rule. The combo is chic and modern. \$139; vincecamuto.com.



Dress, KLS Kimora Lee Simmons; kls.com



NO-FAIL Nude (never white!) shoes are a classic option. \$129; dunelondon.com.



DARING! A printed shoe is an instant game changer. Ivanka Trump, \$135; nordstrom.com.



# Fit to flatter

any age and any figure

From capris to boot cuts, skinnies, flares and straights, you'll find your perfect fit at LISETTE-L.COM/Oprah



Models are wearing left to right style #7105 and style #6602

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# OLD SCHOOL Running pants must be black.

# NEW RULE!

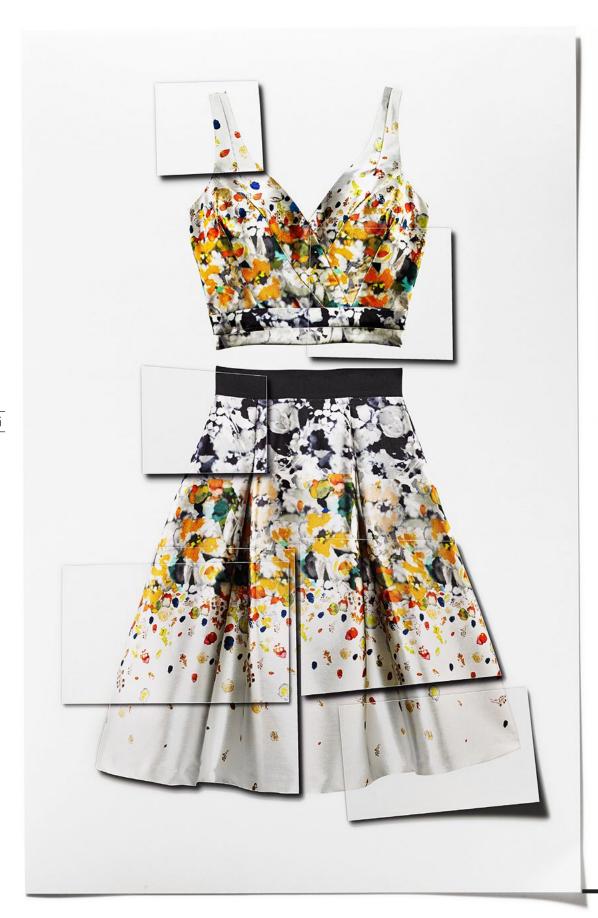
The freshest running gear is patterned, colorful, and (surprise!) flattering. How is that possible? Each of these pieces has smart details that visually slim. Now if only they could make that 10K go by faster.... From left: \$79; athleta.com. Xersion, \$44; jcpenney.com. C9 by Champion, \$25; target.com.







DEVON JARVIS/STUDIO D. STYLIST: ANITA SALERNO/R.J. BENNETT REPRESENTS.



Dressy occasions demand a dress.





Want to stand out in a sea of long gowns? Go for matching separates, like this printed Sachin & Babi number (left), or a sleeveless jumpsuit, like this tuxedo style from H&M (above). Both options are absolute head turners. Top and skirt, Sachin & Babi Noir, \$350 and \$595; sachinandbabi.com. Jumpsuit, H&M Conscious Exclusive Collection, \$80; hm.com.



OLD SCHOOL

A clutch isn't practicalfor daytime.

# NEW RULE!



Clutches can definitely work for day. Choose a streamlined style (like these from Aritzia) that you can carry or slip into your work tote. Auxiliary for Aritzia, \$250 each; aritzia.com.



OLD SCHOOL **Mixing** 

patterns and prints makes you look clownish.



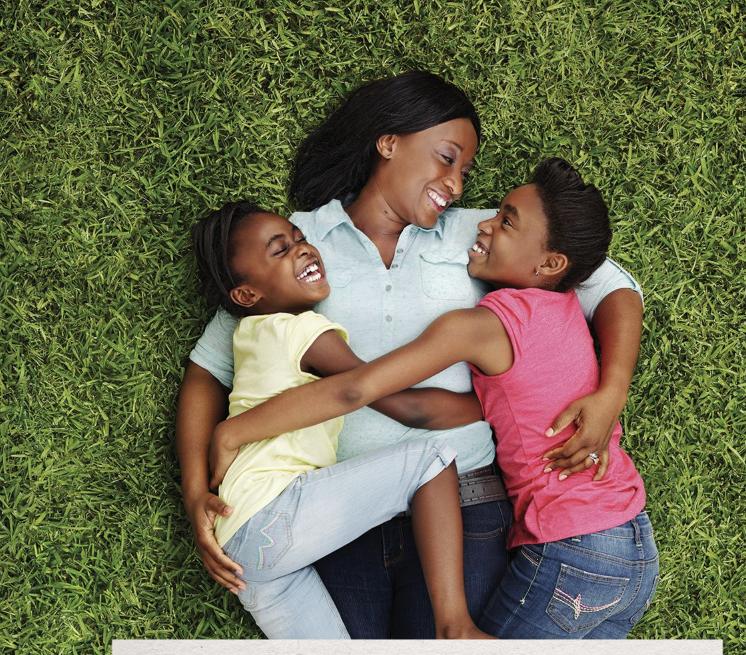
Mixing prints is a great idea—the look is unexpected and sophisticated. Just make sure the patterns are in the same color family or have a color in common. And the scale of the prints should be balanced: If you wear a larger print on top, wear a smaller pattern on the bottom, and vice versa. Shirt, \$13; oldnavy.com. Skirt, Nicole by Nicole Miller, \$44; jcpenney.com.











# OBeing Mom®

When Juliet Uzoma-Aguwa discovered she had breast cancer, she had two girls under the age of 4 and her family was thousands of miles away. With many rounds of chemotherapy ahead, she knew she would be in no shape to care for her daughters on her own. That's when a program funded by Susan G. Komen® got Juliet the child care she needed. So she could focus on her health and eventually get back to what she loves — being mom.

# **GIVES ME STRENGTH**





Ingenious women who saw a need and rose to the occasion.

# Juliet's Story of

# SURVIVAL

Juliet Uzoma-Aguwa moved to the United States from West Africa in 1996, and by 2008 she was married, had two daughters and was living the life she'd always wanted. But after a routine exam, she was given news that would forever change her life.





Although the news was scary, Juliet was ready to fight, and her family made it clear that they were in the fight with her. They were there for her every step of the way throughout her courageous journey, which included a mastectomy, radiation, and chemotherapy.

# Being Mom

Although treatment made it difficult, she made sure not to let breast cancer stop her from being Mom. "If my kids don't have to watch me go through chemo, I think I can deal with everything else." That's when Juliet found the Susan G. Komen organization, which funded a local

childcare program for breast cancer patients undergoing treatment. Juliet was able to focus on her treatment, knowing her kids were taken care of.

Today Susan G. Komen continues to provide resources and support for thousands of women like Juliet all over the country, from all walks of life.

"If my kids don't have to watch me go through chemo, I think I can deal with everything else."



# SUSAN G. KOMEN IN THE COMMUNITY

"Thousands of breast cancer patients like Juliet need our help every day with childcare, transportation, medical supplies, co-pays, screenings, emotional support, and living expenses. So while we fund research for the future, we're doing all we can to help the people facing breast cancer who need us now."

- Judy Salerno, President and CEO, Susan G. Komen

Every year, Komen helps hundreds of thousands of women just like Juliet by funding community programs that help treat, educate, screen, and provide financial support to people who need it most. Last year, Komen's **\$82 million** in grants provided:

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BREAST HEALTH
EDUCATION FOR
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PEOPLE

368,000 MAMMOGRAMS 176,000 CLINICAL BREAST EXAMS 90,000 DIAGNOSTIC SERVICES 167
CLINICAL TRIALS
FOCUSED ON
BREAST CANCER
DISPARITIES

36,000 PSYCHOLOGICAL SERVICES



Learn more at komen.org



The Player **JENNIFER PATTEE, 43** Founder, Basic Training, Take a stroll through the Hayes Valley neighborhood of San Francisco, and you might see something surprising: grown-ups on monkey bars. Most weekdays, scads of the city's chronically deskbound—stressed financiers, bleary-eyed techies—spend their midday break playing in the name of fitness. Their guiding light is Jennifer herself. While working as a graphic designer at Apple and IDEO, Pattee spent much of her time the way many of us do: sitting. (At a desk. On her couch. In her car.) She gained weight and battled anxiety. Many suffer worse 5.3 million deaths a year are caused by physical inactivity (roughly the same number smoking causes). Fed up, Pattee quit her job and, in 2008, founded Basic Training, an outdoor fitness company, to motivate a sedentary workforce with exercise that's fun. "Kids run, climb, jump call it working out—they call it play." And they don't play on a treadmill, which is why Pattee's workouts take place in the streets and parks of San Francisco. She counts off pull-ups on low t takes vision streetlights and tricep dips on the edge of a picnic to confront table, or leads jogs in a problem and neighborhoods chockablock decide to fix it. with Victorians. (She also And that's a runs happy-hour classes that end quality these women at a local bar. We'll drink to have in spades. In tackling the troubles \$55,000 in Indiegogo and they've encounteredrporate sponsor funding, Pattee a crippled school and her partners turned a parking lot system, a global health into a playground for adults. The worker crisis-they've proved bees swarmed, swinging from monkey that anybody, anybody, bars and doing squats in the sunshine. can effect real change. "Exercise doesn't have to be 'no pain, no gain," Pattee says. "I want to come up Our response? Ladies, with something so fun that people are take a bow. inspired to get out there and do it." PHOTOGRAPHS BY Maarten de Boer -Jenna Scatena



The Connectors **DARA KOSBERG, 36,** chief community builder; CARLA FERNANDEZ. 27. and **LENNON FLOWERS, 29,** cofounders, The Dinner Party, Los Angeles

deck in Los Angeles lit with string lights and flickering votives, Carla Fernandez served a pan of paella while four of her friends, strangers to one another, sipped from glasses of Tempranillo. The guests had something unusual in common. In recent years, each had lost a parent, an experience that brought alienation on top of grief: Few of their 20- and 30-something peers had a clue what it was like to have a parent die. "Often when you talk about death, people give you that deerin-the-headlights look," says Fernandez, whose father passed away five years ago. "That didn't happen at this dinner. There was an instant bond. We stayed up way past bedtime talking about loss, how it had woven its way into our lives." The group realized there must be young people in the same

In October 2010, on a backyard

situation all over the country. And so The Dinner Party, a nonprofit that connects those who've experienced significant loss, was born. The dinners are a welcome antidote to traditional support groups—"We've all been given cheesy grief books with a white dove on the cover," Fernandez says—because they value honest conversation above all else. (Their manifesto reads, "We will abstain from bullshit.") The goal is to encourage more open expressions of grief and foster discussion of the way that loss continues to impact everyday life. "This is the

DIY era," says Fernandez, "and people come to the table to discuss all the ways we heal ourselves, whether it's therapy or yoga. One size doesn't fit all." More than 65 Dinner Party hosts are now active in 18 U.S. cities, including San Francisco; New York; Honolulu; Washington, D.C.; Chapel Hill, North Carolina; and Boulder, Colorado, as well as Toronto. "It's not just about getting together and talking about loss," says cofounder Lennon Flowers, whose mother died during Flowers's senior year of college, "but finding a community that shares your story." The tasty food doesn't hurt either. Says Flowers: "I bring my mom's lemon-thyme cookies."

-Zoe Donaldson



I have this need to nap, but when I take one, it only buys me a couple of hours. I can't control when I fall asleep. I'm missing things at work, and it's tough to concentrate throughout the day. What's going on?











Roquesha O'Neal says Detroit's
Osborn neighborhood, her home
for nine years, is so violent that
"some people call it the red zone."
In 2011, her son DeQuan, then 15,
was jumped by a group of gang
members with guns. Furious,
O'Neal knocked on the doors of
two of their parents and said, "I'm
not moving. You're not moving.
We have got to find a solution."
That same year a boy on O'Neal's
block was shot in a scuffle over

sunglasses, and the following year her cousin's son died of a gunshot wound. "I'd reached my breaking point," O'Neal says. She had dropped out of high school, and she didn't want DeQuan and his two younger siblings, or any other kid, to do the same. So she began spending four days a week volunteering in the Parent Resource Center at DeQuan's school. When she saw security guards disrespecting

students or felt that the principal discouraged parent involvement, she wrote to district officials and politicians. And when she saw kids out in her neighborhood during the day, she shooed them back to school. Guard protocol improved, and last year a new principal was hired. Still, when the nonprofit Excellent Schools Detroit asked O'Neal to serve on its board, she hesitated: "I worried I might not make the

right decisions. But I love my children, and I want change."
Today, as education chair for her neighborhood alliance, O'Neal is also working to improve early childhood, elementary school, and middle school programs. DeQuan, the first in the family to go to college, now speaks out against gun violence. "Fear can stop you from doing a lot of things," O'Neal says, "but a little anger can get you started." —Stephanie Booth









04/25/15 CODE: 088

The Nourisher

KATE BROWN, 48
founder, Boulder
Organic Foods,
Boulder, Colorado

Nine years ago, Kate Brown went to the supermarket on a simple errand: to buy soup for her 10-year-old daughter, Madeleine, who'd just had her tonsils out. She was shocked by what she saw on the labels. Even with organic brands, "I found ingredients I couldn't pronounce," she says.

Brown grew up in the '70s—
"the age of Tang"—but her mom
had always cooked healthy food,
and she'd especially loved to make
soup. "It's nostalgic," Brown says.
"Soup makes people feel cared for."
As she served Madeleine mushy
cream of potato, she thought, Good

soup isn't that hard! I could do this right. A stay-at-home mom for ten years, Brown knew "those skills would translate—patience, time management, even saying 'the buck stops here.'"

She hosted tastings, ladling out split pea along with questionnaires; she talked to retailers, buyers, and "anyone who's ever eaten soup." The feedback wasn't always encouraging. "A mentor looked at my spreadsheets and told me, 'All I can do is pray for you,' " she says. "But I knew in my heart I had a great idea."

In 2008, Brown got a call from

the manager of her local Whole Foods, who'd heard rave reviews of her creations and told her he'd like to sell them. Then Boulder Organic Foods "took off like a rocket ship," Brown says. She borrowed money, rented a commercial kitchen, and spent 14 hours a day chopping, cooking, and delivering.

She made mistakes—signing legal documents without a lawyer, ordering the wrong lids—but "I'd give myself five minutes to whine, then move on," she says. "Every disaster is a learning opportunity."

Today Boulder Organic Foods has 45 employees, and the soups are sold around the country. Every ingredient is fresh, and each batch is hand stirred. When people ask whether Madeleine, now in college, will take over, Brown laughs. "I want her to follow her own path," she says. "It's not hard when you trust your instincts." —S.B.







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We've laughed with you. We've cried with you. And occasionally, we've failed you.

egrets? Over the course of 178 issues, we've had a few: questionable advice, off-base predictions, embarrassing typos, weird lapses in judgment. But we're just going to own them, because to err is human; to laugh at yourself, divine....



# **WHAT A GAS**

**Another proud** moment in March 2003: We gave you a story featuring six ways to trumpet your strengths. To the delight of third graders across the land, we called it Tooting 101.

"THE TOOT-YOUR-OWN-HORN WORKSHOP"

# WORSE FOR THE WEAR

Because we thought clothes should have "a sense of humor," we featured this Minnie Mouse look back in May 2002, complete with a kicky bow sash and a pair of ears. Perfect for work—if your job is jumping up and down in a cartoon kitchen.

"PLAY CLOTHES"



"HERE'S TO

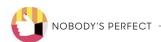


# YOU SHOULD ALSO CONSIDER RIPPED FISHNETS AND A SAILOR HAT

In 2002, we had 28 brilliant suggestions to "shake up" the month of July: Take tango lessons! Eat a new food! Or just "change your name, maybe to a single moniker (think of where that's taken Cher and Madonna)." Exactly one reader was able to pull this off. You're welcome, Beyoncé.

"THE IDEA IS ADVENTURE"







# JUST FEELING POSSESSIVE, I GUESS

Our proofreader must have been on her lunch break when we wrote this headline in June 2006.

"WHAT'S PLAYING IN GLADY'S KNIGHT'S EAR?"

# LARDING IT ON

We reported in November 2008 that dermatologists were hog-wild about Evolence, a new facial filler made from pig tendons. Twelve months later, it was taken off the market, and we went back to the old-school plumper: bacon.

"WHAT'S UP WITH...
PIG COLLAGEN?"

# **SHIPPED OUT**

Our March 2012
issue sang the
praises of Lollihop,
a site that
delivered monthly
shipments of
wholesome treats.
Too bad it went
out of business two
weeks after the issue
hit newsstands.

"DIGITAL KITCHEN"



## BETTER YET, CHIP THEM INTO MARBLE TABLETS

In August 2003, we rang the alarm about where to store those home, work, cell, and beeper (!) numbers—not in your cell phone, for God's sake. "Warning: The memory in your cell phone is for speed dialing—don't use it as an address book. If your battery has ever gone dead, you know why you should carry a hard copy of critical numbers."

"YOUR OWN WHO'S WHO...AND WHERE"

# AN IDEA THAT HAS YET TO TAKE FLIGHT

After a birdhouse auction in Rhinebeck, New York, raised more than \$12,000 for the town library, we became irrationally exuberantpredicting in May 2003 that "birdhouse decorating fundraisers may soon replace bake sales and car washes."

> "ON THE TWEET WHERE I LIVE"







# **AH, ROMANCE**

Jennifer Lopez and Marc Anthony canoodled like newlyweds in our September 2011 story on Lopez's new clothing line...and three days after we went to press, they announced their separation.

"JENNIFER LOPEZ IS IN THE HOUSE"



# **MAJOR TURNOFF**

What's a gadget roundup without a vibrator? The September 2008 issue featured one that plugged into an iPod to handily pulse in sync with your playlist.

"TECH TOYS"

# WE WERE FANS OF FRIENDSTER, TOO

In our inaugural issue (May-June 2000), we launched a tutorial on email (one day you might prefer it to paper!)—

## **NEVER SAY NEVER**

We promisedpromised! that our January 2005 dispatch on Carrie Bradshaw and company would be "Our Last Sex and the City Story.

Ever." We proceeded to run three more.



04/26/15 CODE: 098



# **FAT CHANCE**

In February 2006, we drooled over promising research for a vaccine that might prevent weight gain. Nine years later, we're still waiting. While we eat frosting straight from the can.

"HUNGER VACCINE"









If you can't resist a good second act, you'll love these real-life stories of reinvention.

ure, there are a million reasons to say no to the job, the passion, the big bold move that calls to you. You can't just start over now! You're too old, too broke, too far down the path you're already on! Besides, where would you even begin? But as these five women will tell you, there's one excellent reason to make the leap anyway: Nothing feels as good as becoming who you were meant to be.

PHOTOGRAPHS BY Alessandra Petlin



#### FROM HEDGE FUND ANALYST TO RUM DISTILLER

## Bridget Firtle 30, Brooklyn

Take a girl with a knack for math and barrelfuls of gumption. Raise her in a house with a Prohibition-era speakeasy in the basement. Stir in a granddad who owned a Brooklyn bar. Add a twist of business school, a finger of finance-world chops, and several dashes of can-do spirit. Bridget Firtle, a self-taught distiller of artisanal rum, might call the result her signature cocktail: It's the story of her life. After earning her MBA at Binghamton University in upstate New York, Firtle landed a position as a research and investment analyst covering the consumer staples sector-food, beverages, household goods-at a New York hedge fund. "I developed a niche in the global alcohol market," she says-a duty that brought the burgeoning trend of domestic small-batch distillery to her attention. Yet few boutique distillers were making rum, Firtle's favorite liquor. ("Rum, fresh lime, and

sugar-that's the holy trinity," she says.) She decided somebody ought to. And so after trading stocks by day, Firtle began pricecomparing copper stills at night. She moved in with her parents to save start-up capital and hunted for an industrial space in Brooklyn. She found one after looking at about 30 properties, then appointed herself head distiller of the Noble Experiment NYC. She taught herself the finer points of fermentation and distillation science (eukarvotic microorganisms and anaerobic respiration, formation of aldehydes...). And bottling. And also marketing. And distribution. Firtle's hard work shows in her white rum, Owney's NYC, which is made with only molasses, yeast, and filtered New York City tap water, a nod to her hometown. In fact, little about her operation isn't rooted in her spirited background Says Firtle: "How could I have done anything but this?" -Jenna Scatena









04/27/15 CODE: 104

"I wrote to process the world around me," she says, meaning the desert outside Tucson, where she grew up, and the mountains of Wyoming, where as a young adult she made pocket money wrangling horses. Music remained the heart of Billings's life through 4 years of college, 2 years of grad school, 3 years of law school, and 20 years in corporate law. "I spent my spare time on my music-late nights, early mornings, weekends," she says. Of course, every folk song needs a little strife: In 2011, Billings's company let her go, and she found herself at a crossroads. She could keep fiddling with legalese, or she could answer a call she'd been hearing for 50 years. Just before her 60th birthday, Billings packed her car and drove to Nashville. The trip took four days-and also a lifetime. Less than a month later, she released her album Carry the Water. "Shaking up your world can make you feel so vulnerable," she says. "But I told myself, Just write about it. Turn it into a song." –J.S.



How many roads must a woman walk down before she can call herself a folk singer? Well, before Lucy Billings moved to Nashville in 2014 with her acoustic guitars and a 22-year-old Siamese cat named Thunder, determined to write songs for a living, she'd been a cowgirl, scientist, and attorney. (So, three roads, it seems.) Billings taught herself to play at age 10—her parents had caught her strumming a tennis racquet the year before and gave her a real live sixstring. Her fledgling songs were melodic accompaniment for the poetry she composed.



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#### Lauren Helm, MD

In 1982, as she stared down the idle summer months between high school and college, Lauren Helm decided to find a jobpreferably one that didn't involve desk work or early mornings. Helm's mother, a former model and actress, suggested she visit the thrumming Ford modeling agency. By September, Helm had been photographed by Richard Avedon for the January 1983 cover of Vogue. Elle and Vogue Italia covers followed. "I decided to postpone college for six months," Helm says, "which turned into 12 years." She lent her angular face and full lips to campaigns for Versace and Valentino, whiled away interminable hours in airports from Milan to Tokyo, and, over time, even became comfortable in front of the camera. "I was pale, with a big forehead," she says. "I thought I looked like a squid. But that's not what others saw. The first thing modeling teaches you is that you have no idea what you look like."

Helm's vision of herself evolved in other ways, too. "No one thinks they can model permanently," she says. "I wanted to do something challenging and useful, and I wanted to take the attention off myself." When an acquaintance said offhandedly that Helm would make a good doctor, "I thought they were right," she says. After graduating from Norwich University, a Vermont college whose adult degree program allowed her to keep traveling for work, Helm left modeling at age 31 and enrolled in Columbia's postbaccalaureate premed program, then its med school. During a rotation in psychiatry, she discovered a deep satisfaction in treating psychological pain. "This felt like home," she says. Helm now works with the psychiatric team at a hospital in New York City and also runs a private practice with an emphasis on eating disorders. "Nothing is ever redundant in this job," she says. "You see extraordinary things, life-affirming, dramatic, poignant things. You get to talk to people, hear the narrative of someone's private universe. It's human. It's life, unfiltered, in all its range. And it doesn't involve sitting around an airport twiddling your thumbs." -J.S.

"Nothing is ever redundant in this job. You see extraordinary things, life-affirming, dramatic, poignant things. You get to talk to people, hear the narrative of someone's private universe."









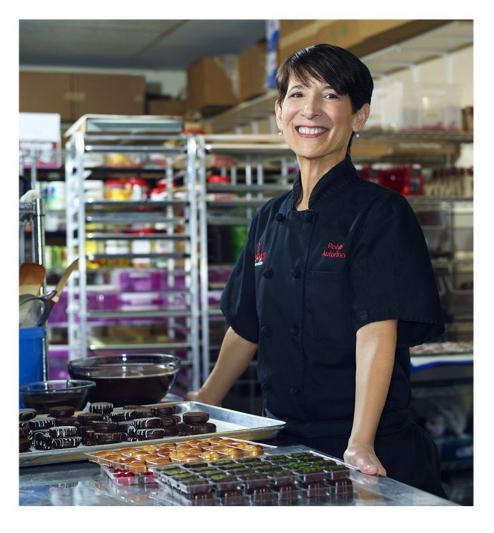
#### FROM PROSECUTOR TO PASTOR

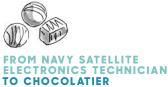
#### Jane Via, PhD

67, San Diego

When Jane Via, PhD, says "Jesus was a feminist," it's clear she doesn't mince words. She first found her voice as a lawyer and eventually worked in the San Diego County District Attorney's Office. But before law school she'd earned a doctorate in theology. "I couldn't go to seminary because I'm a woman," she says, "so I figured a PhD was the next best thing." Via had converted to Catholicism as a young woman, but took issue with the church's stance on abortion. When she signed her name to an ad in The New York Times in protest, the local bishop received orders from the Vatican to bar Via from speaking in any church forum, including the theology classes she taught part time at the University of San Diego, if she didn't recant. (She didn't.) She longed for a parish for Catholics who, like her, loved their church but chafed at its policies. She wrote to the Roman Catholic Womenpriest movement, which ordains women and advocates for the church to recognize female priests, and was ordained a deacon on the Danube River a year later. Then she cofounded the Mary Magdalene Apostle Catholic Community: "I called our approach 'radical inclusivity' and welcomed anybody," Via says. Before long, she was ordained a priest by Womenpriest. Her bishop again demanded she repent. She refused. After a second battle with cancer, Via stepped down to become pastor emerita in 2014. She feels her law career readied her to take on the church: "Someone who can prepare and defend a casethat's the kind of woman this

movement needs." -J.S.





#### Robin Autorino

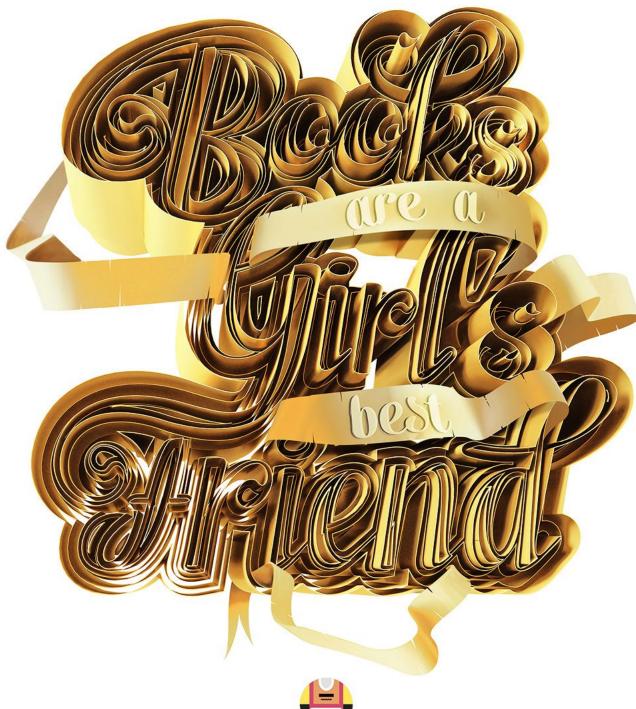
57, Longmont, Colorado

Thirty years ago, as a single parent struggling to support her son, Nikolas, Robin Autorino soldered circuit boards for 80-foot satellite dishes for the U.S. Navy in Maine, Spain, Guam, and Australia. The work was repetitive, the pay meager. But that didn't keep Autorino-a born hostess and believer in the comfort of good food-from inviting single coworkers for Christmas dinner every year. She sent them home with a cheap but charming treat: pretzels dipped in chocolate. "Nikolas made them." she says. "It was a mess, but he loved it, and I knew how happy they were to get a homemade gift." Years passed. Autorino left the navy, met and married a good man, Chris-and

went into IT, dutifully building and updating computer servers. It didn't inspire her, but it was a living. Then, in 2005, Autorino took a cooking class and felt a stirring that harked back to those chocolate pretzels. She asked Chris if she should become a chef. "He said, 'You don't have to be a breadwinner. Go do what you want to do." So she enrolled at the Culinary School of the Rockies. She interned at a pâtisserie in Avignon, France; fell in love with desserts; then zeroed in on chocolate. In 2011, Autorino opened Robin Chocolates, where the most popular confection is her chocolate caramel fleur de sel. "I want my ganache to be bold," she says. "I want the Key lime pie truffle to give you some pucker. I want the espresso to bring you the same comfort as your morning cup." Autorino traces her sweet trajectory back to life as a single mom: "All those hours doing things I didn't love, all those years scraping by-it was all worth it. It gave me the life, the passion, I have now." -Lambeth Hochwald









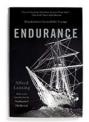
Fifteen of our favorite writers on the titles they're sure you'll hit it off with.

wo things that make any reader happy: an enticing recommendation from a fellow booklover and an underappreciated work that turns out to be a gem. Bibliophiles, get ready to experience bliss: 15 of our favorite writers are giving you a two-for-one, offering up titles that are dear to their hearts but probably new to you. Read on to discover gorgeous essays, stories of high adventure, and richly absorbing novels, beloved by women who know a thing or two about great books.

ILLUSTRATIONS BY James Taylor



MARY ROACH
is an author
specializing in
popular science
whose most
recent book
is Gulp.



**ENDURANCE** Amazon does not deliver to the unnamed ice fields of Antarctica. Nothing gets delivered there but the occasional research team, their stuff, and the even more occasional journalist coming to interrupt their work. In 1996, I was that journalist.

A Twin Otter dropped me off, but was days late picking me up because when weather blows in and the pilot can't tell ground from air, he has to turn back. The ice fields are stunning when you can see them, but when you're confined to a tent camp with no toilet and Tang-marinated chicken for dinner again, and no book to read in that 24-hour light, even Antarctica becomes the tiniest bit trying. It was late December, and it was looking like I might not make it home for the holidays. Then Ralph Harvey, the lead researcher, came over to my tent with an early Christmas gift: a copy of Endurance: Shackleton's Incredible Voyage, Alfred Lansing's account of the explorer's harrowing slog to safety after his ship was crushed by pack ice. Nearly 40 years before the Caroline Alexander book of the almost identical name, long before Kenneth Branagh donned sealskins for the TV movie, there was this perfect account. Shackleton's story would be compelling in anyone's hands, but Lansing got the pacing exactly right. I could look up from the page into the same gorgeous, ghastly white that Shackleton faced. It turned a great read into an unforgettable day.



04/28/15 CODE: 112







**ROXANE GAY** is a culture critic and the author of Bad Feminist and the novel An Untamed State.



**EDINBURGH** Alexander Chee's *Edinburgh* is a beautifully written book whose every word makes me ache, a story of coming of age, trauma, and redemption. When the novel opens, Fee, a 12-year-old Korean American boy in Maine, is a talented soprano in an exclusive boys choir. His life is irrevocably changed after he falls prey to chorus director and pedophile Big Eric. While Fee and his fellow victims harbor their tormenting secrets, in their shared suffering they develop intense bonds of friendship. Fee and Peter, one of Big Eric's favorite boys, grow especially close, but their relationship becomes fraught as Fee grapples with his homosexuality. This is a novel

whose sense of intimacy belies its expansive themes. Chee allows us to feel the aftermath of the boys' ordeals. All pay a steep price for one man's misdeeds. Written with exquisite empathy and grace, Edinburgh tackles taboo subjects in ways that reveal how utterly human we all are, and how tough it is to forgive ourselves even for sins that weren't ours.



#### **REBECCA STEAD**

is a children's book author whose 2009 novel. When You Reach Me, won a Newbery Medal.



LIFE WORK My youngest son headed for middle school just after I'd finished writing my third children's novel and before I started my fourth. Ahead of me stretched a time when work could at last come first, and I felt relieved, but also at sea. A sadness seeped in. Aside from the short sprint of writing I managed each day, I began to feel useless. It no longer seemed to matter if I climbed into bed every day at noon. Some days I did.

Donald Hall's Life Work saved me. Part essay, part journal, part family history, it considers the nature and necessity of meaningful employment, paid or otherwise. Hall traces the mineral veins of his writer's life back to his parents, grandparents, and great-grandparents. His people, New England farmers, were driven by sun and season—milking, harvesting, canning—and he has invented his own patterns of nourishment and preservation. His goal: "absorbedness," to be sure, but for him utility is also key to happiness. Hall reserves a special tenderness for his mother, who rarely felt essential in her role as a housewife. She was often ill, and at age 53, soon after losing her husband, she was diagnosed with an ulcer. "Work," her doctor advised. She listened, and regained her health.



#### MIRANDA JULY

is the author of three books. most recently the novel The First Bad Man.



THE DREAM COLLECTOR I grew up surrounded by books, though not a lot of art books.





# GREAT GIFT MOM!

In O's Little Book of Happiness (Flatiron), some of your favorite O writers share their thoughts on life's simple pleasures...the way joy expands when shared...and the flat-out delight of doing what you love—all in one bright and beautiful little volume, just the right size for your bedside table.



#### **ELENA FERRANTE**

is best known for her series of Neapolitan novels, the first of which is My Brilliant Friend.



THE WORKS OF ELSA MORANTE I would like to remind American readers of the Italian writer Elsa Morante (1912–1985). She wrote four novels, each astonishing for its quality, for the gripping density of its narrative and depth of its characters, for the complexity of its invented world and its wide-ranging view of the human condition. I love them equally: Menzogna e sortilegio ("House of Liars"), L'isola di Arturo ("Arturo's

Island"), La storia ("History"), and Aracoeli. I recommend starting with History. It's the story of Ida Mancuso, a widow, a mother, a Jew frightened by the racial laws of 1938, who in 1941 is raped by a German soldier and becomes pregnant. It's a stunning book about the insecurity that erodes the lives of those who, for the sin of being born, as Morante suggests, can be devoured and annihilated at any moment by "the universal power." Morante infuses the conventions of the novel with an innovative spirit, with uninhibited modernity. One reads with one's heart in one's throat.

any age are so often nightmares.



AMY BLOOM
is a novelist ar

is a novelist and short-story writer whose most recent book is *Lucky Us*.



**UNLESS** Carol Shields wrote ten great novels, four wonderful story collections, and a deep, compelling biography of Jane Austen. She won many of Canada's literary prizes, England's Orange Prize, and a Pulitzer. But she would have been the last person to be surprised if you hadn't heard of her. She was

in the business of writing seriously (with great wit) about serious women—and often men. Shields saw the great and the small simultaneously: The woman cleans the house because it is her obligation, because it is soothing, because she wishes not to know what she knows, because there is grace and pleasure in a domestic chore.

In Shields's novel *Unless*, Reta Winters is a 40-ish writer and translator of light, summery books who has lived life with insistent optimism—until her daughter leaves the family and drops out of college to sit on a downtown street corner, wearing a sign that says GODNESS and holding a begging bowl in her lap. She will not come home, she will not explain. *Unless* is not heartwarming; it is witty, subtle, disturbing, a laser into the center of loss and grief that makes you laugh out loud and think again.

66 Carol Shields was in the business of writing seriously (with great wit) about serious women—and often men. 99



#### **ANN BEATTIE**

will publish her 19th book, The State We're In: Maine Stories, in August.



LUNAR ATTRACTIONS Certain debut novels become so instantly well known that they magnetize readers to their force fields at the expense of other writers' first books, which is the only explanation I can think of for why Clark Blaise's Lunar Attractions isn't already on everyone's radar. Blaise's beautifully written novel reads as if

intended to be absorbed in one great gulp, a story whose protagonist functions as both reporter and subject being reported on—not so unusual. What sets the book apart is how the author trusts the visual—using language infused, in the author's words, with "atmospheres and geographies, pattern and contour" that work their way into his subconscious—to convey and emphasize meaning.

Halfway through this narrative of a young boy and his gradually less circumscribed world, we're told: "Another thing I know—and I have learned it as I write—is that my kind of innocence, because it is so complicated, is the most dangerous, most corrupt kind of knowledge. We all 'know' this, of course—what is propriety but the stench of repression?" Aha! So the character is a writer. And like so many questions in life and in fiction, to ask the question is also to answer it; questions create character as they express personal concerns.

Based in Palestra (a.k.a. Pittsburgh), and in inherently mysterious Florida, the novel features a sad shocker of a sex scene that certainly doesn't end with a cigarette or a midnight dish of ice cream. Without flinching, Blaise underscores the subtext of his tale with a kind of pantomime that darkly enlightens the character. And reader.



EMILY ST. JOHN MANDEL

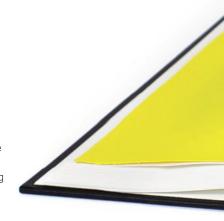
was a National Book Award finalist for her novel Station Eleven.



**SUBMERGENCE** I don't wish to imply that J.M. Ledgard's magnificent 2013 novel, *Submergence*, went unnoticed. There were good reviews. And appearances on several very respectable best-books-of-the-year lists. And yet it came and went without much fanfare. There is always a certain randomness in terms of books that fill the sky (to paraphrase Martin Amis's long-ago *New York Times* piece on Don DeLillo's *Underworld*) and those that barely rise above the horizon. I can't help thinking that if

Submergence had been written by someone better known, it would have been heralded as a masterpiece.

It is a masterpiece, and so it deserves your attention. Ledgard interweaves the stories of Danielle Flinders, a biomathematician preparing to descend in a submersible to the bottom of the Greenland Sea, and James More, a British spy being held captive by jihadists in Somalia. The two met and fell in love some time ago, and now they are reunited—at least in their thoughts. As a writer, I find there are books that serve as guides to the kind of work I'd wish to write. Submergence is a shining model that both sings with tension and radiates immense humanity and tenderness.







KAREN RUSSELL was a 2012 Pulitzer Prize finalist for her novel Swamplandia! Her most recent book is the story collection Vampires in the Lemon Grove.

# CARSON McCULLERS REFLECTIONS IN A GOLDEN KYE

#### **REFLECTIONS IN A GOLDEN EYE**

Carson McCullers may seem an unusual choice for an undersung author—her 1940 debut novel, The Heart Is a Lonely Hunter, was a best-seller, and Tennessee Williams hailed her as "the greatest prose writer that the South produced." But I called myself a McCullers fan for years without

ever having heard of her Reflections in a Golden Eye. It's her sophomore work, slender but with the concussive force of a Greek tragedy. It includes a young soldier's nude horseback ride in the woods and ends with a murder. There are many species of outlandish cruelty, spooky voyeurism, several demented love affairs, a horrific scene with pruning shears. Yet McCullers's skill at rendering her characters' terrible loneliness, and the wingbeats of their trapped desires, makes the book's chilling climax feel not only plausible but inevitable.

Like Virginia Woolf in The Waves, McCullers moves fluidly among the minds of her characters, creating a dazzling chorus of six overlapping consciousnesses (seven, if you count the horse). Part of the sly joke of this book is its setting: a Georgia army post "in peacetime." McCullers shows us just how elusive peace is when you have a cast of misfits and love-starved loners strapped into the wrong relationships. These men and women are round pegs in square holes, shipwrecked in their marriages or marooned in careers that offer no outlet for their true natures; they will be immediately recognizable to those of us who sometimes feel claustrophobic inside this finite life. The turbulence the book describes reads as an uncanny valentine to anybody who has ever been stunned by the hammer in the face of arbitrary fortune, or simply sort of lonely on a Tuesday. Which is surely all of us!

#### **ELIZABETH GILBERT**

is the author, most recently, of The Signature of All Things.



66 Ladore The Summer Book, an obscure little novel that features my favorite grandmother in all of literature. 99



#### THE SUMMER BOOK

As a child. I idolized both my grandmothers. They seemed better to me than other adults—wiser. calmer. Also, they had mighty powers. Rules didn't apply to them. My

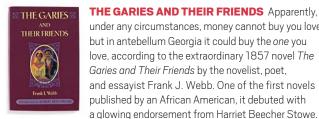
parents submitted to their will.

This is why I adore *The Summer Book* by Tove Jansson, an obscure little novel that features my favorite grandmother in all of literature. You may know of Jansson from her Moomin children's series, but The Summer Book is decidedly not for kids, though it is about a kid—a 6-year-old Scandinavian named Sophia, who spends the summer alone with her grandma on a tiny island in the Gulf of Finland.

The setting is mythic: This is Viking territory, after all. The island is beautiful, but dangerous. The grandmother is as tough as her surroundings—and so is Sophia. There's nothing sentimental about these two. Jansson does not regard children as innocents, or old ladies as kindly simpletons. Instead, she depicts Sophia and her grandmother as a pair of well-matched powerhouses who provoke each other and vie for control, alternating tenderness with aggression. They are clearly the most important people in each other's lives.

Their time together is limited. This book is short because summer is short. Childhood is also short, and grandmothers don't last forever; mortality's shadow looms. Yet I always feel buoyed by it because I get to watch something amazing: a strong old woman teaching a willful young girl how to be.





#### under any circumstances, money cannot buy you love, but in antebellum Georgia it could buy the one you love, according to the extraordinary 1857 novel The Garies and Their Friends by the novelist, poet, and essayist Frank J. Webb. One of the first novels

Mr. Garie, the master of a prosperous plantation, had seen the woman who would become his wife—a woman who was not entirely black, not

entirely white—for sale in Savannah; he bought her, brought her home, and proceeded to treat her and their two children as any nice and decent man would treat his family. Mr. Garie is a very happy fellow when we first meet him: His wife is beautiful; his children look white; there is plenty of delicious food on his table. But Mrs. Garie worries, aware that if Mr. Garie should die, his survivors would be regarded as property, not heirs, and sold, most likely separately. To avoid such unbearable sorrow, Mrs. Garie persuades her husband to move them all away, to Philadelphia. There they are free from the horror of slavery, but not from everlasting prejudice.

In the South, Mr. Garie's privilege was enough to protect them as long as he lived; in the North, they all are in danger because Mrs. Garie is not white. Webb brilliantly shows how white society in the North had its own obsessions with the presence of black people, rarely leaving them alone to simply cope with the difficulties of ordinary human existence. That this American classic does not occupy a prominent place in the literary canon is not really a mystery, though it is a shame. Its subject is not the almost invisible flaw in a golden bowl carved from pristine crystal, but the visible fracture in our American ideal; its scarlet letter is the color of our skin.



#### **MEG WOLITZER**

is the author of The Interestings and, most recently, the young adult novel Belzhar.



**LIKE NORMAL PEOPLE** I loved Karen E. Bender's Like Normal People when I originally read it 15 years ago and have occasionally found myself thinking about it and going to my bookshelf to read passages from it ever since. Its characters became real, complicated, stirring people—and that's a necessity for me in a novel. The women who populate this book are not only believable, but they can also make me hold my breath

with worry or anticipation: matriarch Ella; her daughters, Lena and Vivien; and her granddaughter, Shelley. Lena, referred to by the outdated term "mentally retarded," is at the heart of the story. The book explores her deep bond with Ella, a bond that grows more complex over time, and Shelley's discovery that it is with her Aunt Lena that she feels most at home.

Like Normal People is a novel unafraid of emotion; it doesn't try to offset strong, even overwhelming feelings with ironic observation. Yes, Bender is a witty writer, and the word *normal* in the title surely has a touch of archness to it. But Bender is also tender, and never judgmental—a writer I can always count on whether I want to turn to familiar pleasures or find new ones.

#### **JACQUELINE** MOSDON

won a 2014 National Book Award for Brown Girl Dreamina.



THE BOOK OF **SARAHS** What child doesn't occasionally fantasize that maybe she's been adopted and one day her real parents will show up to rescue her from the crazy clan

she's stuck in? Who doesn't question the identity the world endeavors to tether her to even as she struggles to create her own self? And who isn't fascinated by the dynamics of other people's families? Or maybe it's only me. Perhaps that's why I regularly revisit the world inside Catherine McKinley's The Book of Sarahs: A Family in Parts. The first time I picked up McKinley's memoir, I felt like I had fallen into my own life, though in truth her narrative is far removed from my own. Catherine, the biracial adopted daughter of a white couple, sets out to find her "true" mom and dad and discovers a Jewish birth mother and an African American father. The Book of Sarahs questions everything from motherhood to transracial adoption to coming out. It's written for adults, but inevitably takes me back to childhood reveries of escape. These days, though, I also appreciate the book from the other side—as a mother making choices that will change the course of my children's lives.

# OWN THE YEAR'S MOST POWERFUL MOVIE ON BLU-RAY" MAY 5

#### **"EXTRAORDINARY"**

David Denby, THE NEW YORKER

"'SELMA' IS THE MOST TIMELY AND INSPIRATIONAL MOVIE YOU WILL SEE THIS YEAR."

#### **A TRIUMPH**

A. O. Scott, The New York Times

#### **A TRULY GREAT**

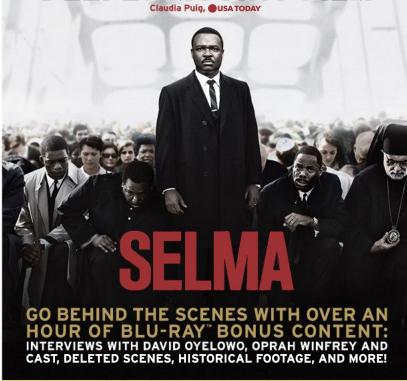
AMERICAN FILM."

Peter Travers, RollingStone

"DAVID OYELOWO IS MAGNIFICENT

AS MARTIN LUTHER KING." Richard Roeper, CHICAGO SUN-TIMES

#### "DEEPLY MOVING FILM"













#### **SUCCESS IN ACTION**

Shameika Lyles is a single mother in South Carolina who works hard to balance family and school full-time. She wants to provide the best possible life for her son. She knows she needs her bachelor's degree to do this, yet finds it challenging at times to complete her studies with everything else going on in her life. But she's happy to say she now has help with that. Her Success Coach, Kathy, helps her juggle her responsibilities at home, work and school. And soon Shameika will be the first person in her family to graduate college with her bachelor's in business administration.

We asked Shameika to tell us about Strayer University and her Success Coach, Kathy.





#### Q. How did you come to Strayer?

A. A close friend recommended Strayer University. I previously attended another university but didn't graduate, and I felt like I was reaching a dead end on my way to my bachelor's degree. I did my research, and Strayer was the best opportunity for my future. Strayer offered me lots of great resources, but I'm most grateful for my Success Coach, Kathy.

#### Q. What is the best thing about having a Success Coach?

A. I truly appreciate having the extra support and help with financial aid, advice on which classes to take and when, and keeping me on a successful path to graduation.

#### Q. What has Kathy helped you with the most?

A. Kathy makes sure that I stay positive and don't ever give up. She is constantly pushing me to be better and make a better life for my son. With Kathy, I know success is within my reach.

Write your success story at strayer.edu.



# Success happens as you work for it.

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Steve Harvey, Author and TV Host



Food for thought, ideas to savor, juicy revelations: delicious moments from 15 years of O Talks.

LETTERING ILLUSTRATION: GEMMA O'BRIEN

f there's one thing Oprah loves, it's getting to know what makes people tick. What book changed Nelson Mandela's life? Is Bill Clinton satisfied with Bill Clinton? What shocking things does Tina Fey do when she's at home in her sweatpants? All is revealed in some of our favorite moments from O Talks....



MAY 2005

**Oprah:** What did the lke years teach you about yourself? Tina Turner:

That's when I learned that I was truly talented. Before I met Ike, I was singing at church and at picnicsbut lots of people sing at church and picnics. After I moved with my mother to St. Louis, my older sister and I went to see Ike Turner, who was the hottest

then. His music charged me. I was never attracted to him, but I wanted to sing with his band. Ike thought I couldn't sing because I was a skinnylooking girl. Oprah, you were Ike's type. He liked the ladies with the hips. **OW:** Oh, I really missed out on that one! What is Ike's phone number?



women around me in their 30s and 40s Botoxing themselves and just fighting the aging process all the way. Were you ever anxious about it?

grateful. I talked to you years ago about how important that is. Get up in the morning. Thank you, Lord. Thank you for this day. Thank you for the light coming through that window. Thank you for my breath. Thank you for the phone call that told me I have the job. Thank you even for the phone call that told me I'm not wanted anymore. Thank you, because I know you have something better for me lined up.

FEBRUARY 2009 Oprah:

Do you feel like the big star that everybody says you are? Tina Fey: Not exactly. One day last week when I was writing, I was in my sweatpants, exhausted, and I realized I'd just eaten six Kit Kats in ten minutes.

**OW:** Kit Kats are your drug of choice?

TF: Actually, it's usually doughnuts. When I have a day when my hair is dirty and I'm tired, my friend Kay sings this little song she made up [Tina sings]: TV star, livin' the life, just like Jennifer Aniston! My life is not at all like Jennifer's.









#### Oprah: What do you need to pull together in your third act?

Jane Fonda: Intimacy. That's what I have to work on. OW: When you say intimacy, you're not talking about sex, right?

JF: Sex and intimacy are not the same: You can have sex all your life and never be intimate with a person. There has to be empathy in the relationship. You have to enjoy seeing through their eyes. When

you're with them, you're there and not thinking about what you're gonna do tomorrow.

OW: Doesn't intimacy require a fully opened heart? JF: You can think that you have a fully opened heart, but as with an onion, there are layers to the heart. You can think it's fully opened and then discover a whole other layer.

JUNE 2001

**Oprah:** Your brother said that when you came home after winning the Olympic gold in 1960, you were refused service at a restaurant in Louisville.

Muhammad Ali: I walked in and tried to order two hamburgers, and I was told, "We don't serve Negroes." I said, "Good-because I don't eat them either."



JUNE 2005

#### Oprah: Do you deny that you are powerful?



Jon Stewart: Yes-I deny that I am powerful. Power implies an agenda that's being acted on.

OW: But more than anyone else, you have us thinking about politics differently.

JS: Every generation has had its people who stand at the back and make fun of those in charge. When the Nazis came to power in the '30s, it created an incredible underground scene of satirical comedy. The British comedian Peter Cook once said with a straight face, "Yes, they really showed Hitler." That's how I see it.

JUNE 2002

Oprah: You're more than just funnyyou take difficult subjects and make them entertaining. What gives you the chutzpah to delve into the hard stuff?

Chris Rock: I don't know! I was raised on rap music-the first art form created by black people who were free to say anything they wanted. So the rap on those first N.W.A. and Public Enemy recordsthe good rap, not the garbagealready contained much of what I've said.

**OW:** One of your funniest routines is about a black woman trying to use a maxed-out credit card that she prays won't be rejected at the department store. CR: Every time I see you, you request that story like it's a song or something. You're like, "Hey, Chris, can you do the one about the black woman in the department store?"

**OW:** That's because I have been that woman.



SEPTEMBER 2004

Oprah: Did you see The Vagina Monologues? There's a great passage about what your vagina is wearing. I came away thinking, Mine is wearing red patent leather boots. What is yours wearing?

Alicia Keys: A hat and gloves. **OW:** I thought you'd say a hat and a cane.

AK: I like that better!



04/29/15 CODE: 124



# WHAT MAKES US SO GOOD at DETECTING CANCER-CAUSING GENES? MANY of THEM WERE DISCOVERED HERE.

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CHANGING THE DNA OF CANCER CARE





Oprah:
How did
you decide
to leave
the streets
for good?

Jay Z: I started seeing people go to jail and get killed, and the light slowly came on. I was like, "This life has no good ending."

OW: That is so fascinating to me. Because what crack did to the community—drug dealers were a part of that. When you were dealing, did you not see yourself as a part of the problem?

J: Later. Looking back. Not while I was in it. I didn't know the effect it was having.... We used to say all the time, "Man, her life is all messed up—she used to be so cute. She was fine six months ago. Look at her, she's finished." But you never thought you contributed to that.



Oprah:
Have you
become the
man you've
endeavored
to be?

Bill Clinton: No. That's a lifetime journey. Every day mirrors the act of creation. Each morning you have to get up and create all over again. The building is never done. If I'm lucky enough to live to be 80, and you come back and ask me that question again, I'd still say no.

APRIL 2001

**Oprah:** You became even more disciplined in prison than you had been before, studying regularly and encouraging your colleagues to study. Why?

Nelson Mandela: I knew we could improve our lives even in jail. We could come out as different men, and we could even come out with two degrees. Educating ourselves was a way to give ourselves the most powerful weapon for freedom.

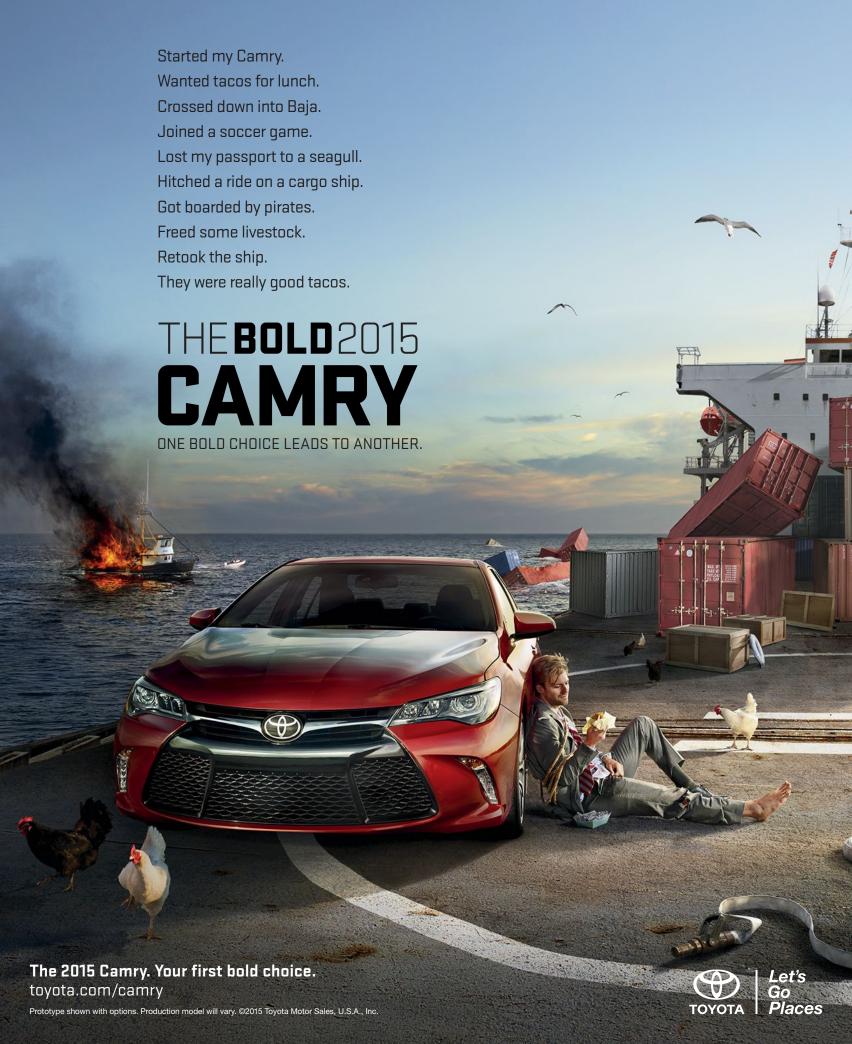
**OW:** Did you come out a wiser man?

NM: All I can say is that I was less foolish than I was when I went in. I equipped myself by reading literature, especially classic novels such as *The Grapes of Wrath*.

OW: That's one of my favorite books.

NM: When I closed that book, I was a different man. It enriched my powers of thinking and discipline, and my relationships. I left prison more informed than when I went in. And the more informed you are, the less arrogant and aggressive you are.





DECEMBER 2009

# **Oprah:** Would you say that coming out was the seminal moment in your life?

Ellen DeGeneres: Oh yeah, because it stripped everything away. The whole world was talking about me. You know, if you're going to be honest with yourself, you have to admit that you go into show business wanting people to talk about you and wanting everyone to know who you are. But that also means there are going to be a whole bunch of people who don't like you. No matter who you are. I'm sure there's somebody out there who doesn't like Betty White because she's short and has white hair.





NOVEMBER 2012

Oprah: When you were asked a while back what grade you would give President Obama, I recall you said you'd give him an F.

Mitt Romney: Absolutely. OW: Did you ever get an F in anything? MR: I got an F on a paper once. Political science, actually.



APRIL 2004

Oprah: Do you have anxiety every time you release an album?

Bono: Yes.

OW: You do?

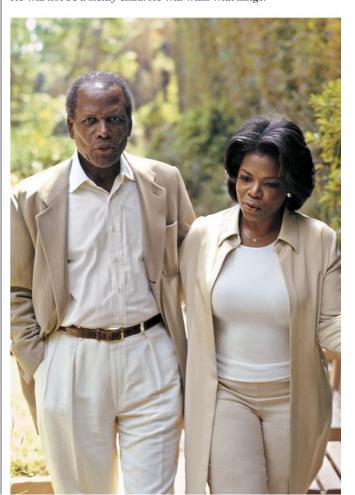
B: Of course. It's much easier to be successful than it is to be relevant.... Tricks might keep you popular for a while, but in all honesty, I don't know how U2 will stay relevant. I know we've got a future. I know we can fill stadiums. And yet with every record, I think, Is this it? Are we still relevant?

**OW:** Well, you haven't been invited to play a Bat Mitzvah yet.

OCTOBER 2000

# **Oprah:** I read that shortly after you were born, you weren't expected to live because you were delivered so prematurely.

Sidney Poitier: I was expected to be dead within two, three days. I was born two months early, and everyone had given up on me. But my mother insisted on my life. She went throughout the black sections of Miami, where I was born, looking for help to save her child. She went to the church, and she went to the few people she knew. Absolutely heavyhearted, my mom passed a fortune-teller's stall, and she sat with this lady. She said, "I need you to tell me about my son." And the woman said, "Don't worry about your son. He will not be a sickly child. He will walk with kings."



DECEMBER 2006

Oprah: When you created McDreamy on Grey's Anatomy, who did you imagine him to be?

Shonda Rhimes: In some ways, he's a man who doesn't exist. In the first eight episodes, he seems like a perfect guy who's into Meredith—and the audience falls in love with him. But then it is revealed that he has a huge flaw: He has a wife. Isn't that the way it often happens in life? You get hooked before you discover the truth?



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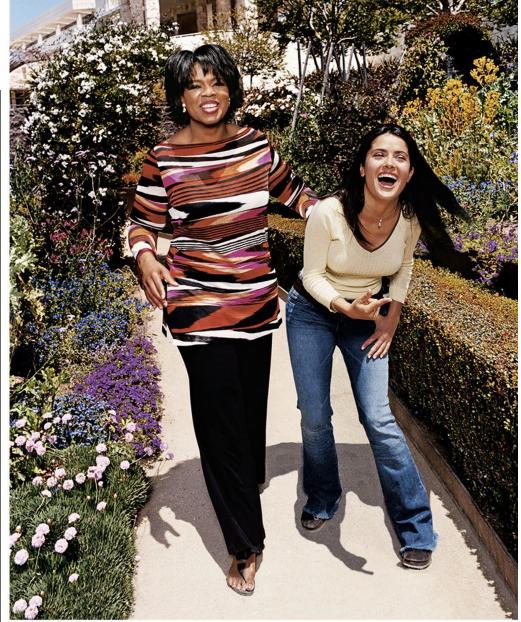


APRIL 2009

Oprah: Gayle once interviewed you for her radio show and was blown away by something you said: that your husband has never disappointed you. Gayle was like, "I can't believe that!"

#### Michelle Obama:

Barack is a human being with flaws. And I can rattle down all the flaws and tease him about them every day, but those flaws are not fundamental. They don't hit upon things that are intolerable to me. In terms of his core values, he has never disappointed me.



SEPTEMBER 2003

#### Salma Hayek:

You simply have to be who you are. Oprah: Isn't that easy for you to say when you're beautiful? SH: Yes, I'm beautiful—

OW: I love it that you own that! Over the years, I've talked to beautiful women who say, "Oh, you should see my thighs!" SH: Well, I do have thighs and a butt. I have cellulite. I fight with it every day. I don't exercise, I eat pork, and I love my red wine. But, yes, I am beautiful and famous—and yet the things I like about myself have nothing to do with that....

SEPTEMBER 2001

Oprah: A lot of your movies seem to have a moral center. Do you look for those kinds of films?



Tom Hanks: The reason most of us go to the movies is to be involved in someone else's moral dilemma. Whether that dilemma is communicated the way Scorsese did it in Taxi Driver, which is one of the most amazing films I've ever seen, or the way Kirk Douglas did it in Spartacus, you know there's something happening on the screen that is bigger than

the lives we lead but that is still recognizable to a 14-yearold in Oakland. I'm not looking for that when I read a script, but I am knocked out by it when I see it.

OW: When you choose a role, is there a soul connection between you and the character? TH: Yes, that has to be there. If I have no connection with the character, then it's all fake....





OCTOBER 2006

## Oprah: If you hadn't been afraid, would you have changed your nose?

**Barbra Streisand:** From certain angles, I liked my nose—still do. Some people would tell me, "You could take the bump off." And I would say, "But I like the bump."

OW: Would you consider other kinds of plastic surgery? BS: Yes, but it's scary. I don't even have pierced ears.

OW: I just pierced mine recently. It was major. And now one has closed up. Yesterday I had to stick a needle through to open it. BS: Each ear is a different length, so how could you possibly put a hole in exactly the same place on different ears?

**OW:** You do know you're a perfectionist, right?



#### JANUARY 2004

Oprah: When you take away the Madonna packaging and marketing, who are you at your core?

Madonna: I'm just a scruffy, tough girl from Michigan who really loves learning and is curious about life—hair back in a ponytail.

**OW:** But you are the Material Girl.

M: That was meant to be ironic.... There were many years when I thought fame, fortune, and public approval would bring me happiness. But one day you wake up and realize they don't.

#### NOVEMBER 2004

Oprah:
When I was
working
at a news
station in
Baltimore,
the manager
wanted me
to change
my name to
Suzie. He
said, "Nobody
will ever
remember
Oprah."

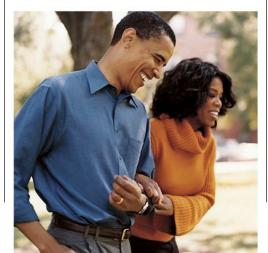
Barack Obama: I was told, "People will remember your name and won't like it." You can have one African name, but not two. You can be Barack Smith or Joe Obama—but not Barack Obama.

OW: I loved reading where you said, "People don't

you said, "People don't know whether it's Osama or Yo' Mama."

**BO:** Alabama, Bahama, or Barama.

OW: I think the name is working for you now. BO: Absolutely. Yours turned out okay for you, too.







NOVEMBER 2000 **Elie Wiesel:** 

When a person doesn't have gratitude, something is missing in his or her humanity. A person can almost be defined by his or her attitude

toward

gratitude.

OW: Does having seen the worst of humanity make you more grateful for ordinary occurrences?

EW: For me, every hour is grace. And I feel gratitude in my heart each time I can meet someone and look at his or her smile. OW: Did you ever hate your

OW: Did you ever hate your oppressors?

**EW**: I had anger but never hate. **OW**: So you *don't* hate the Germans?

EW: I do not hate them. I don't believe in collective guilt. The children of killers are not killers, but children. And they deserve my affection, my efforts to make them human, to give them a world that is worthy of them.

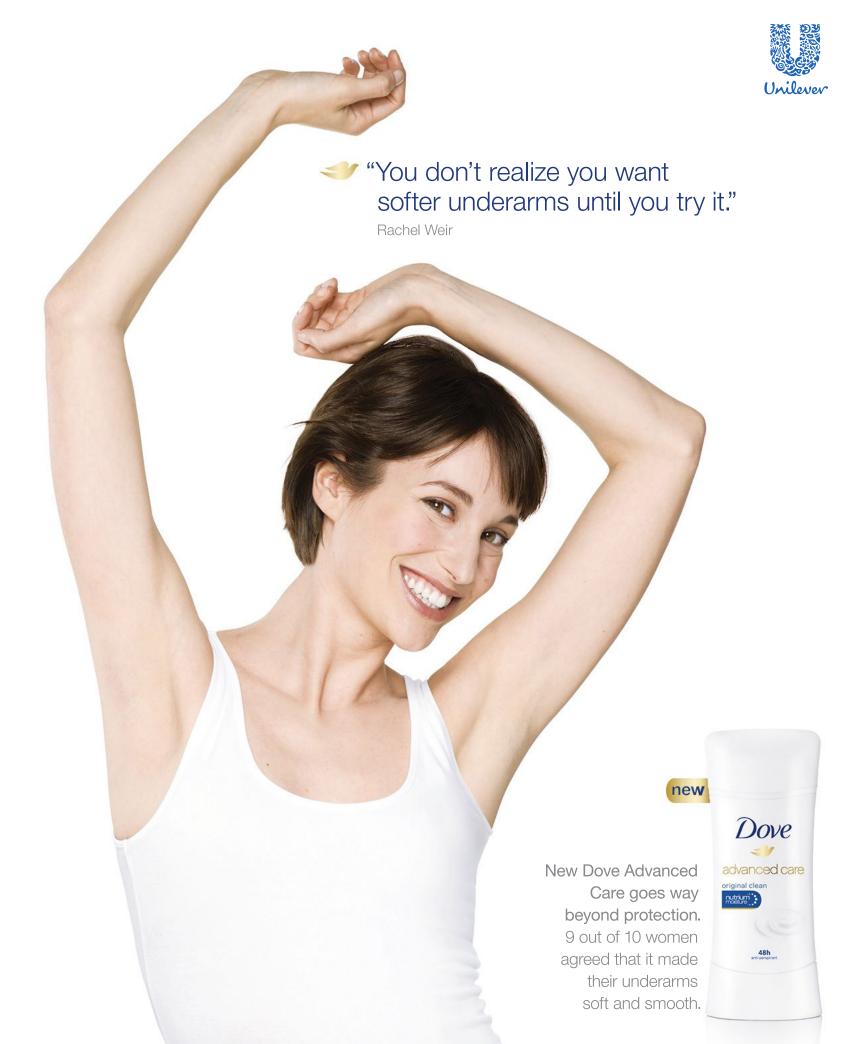
### JENNIFER HUDSON & JENNIFER NETTLES



(THE OWN SONG)

MUSIC & LYRICS BY DIANE WARREN

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## \_\_\_\_11-







It works hard\* for you every second of every day. Here are the most beneficial ways to return the favor.



## Does your antiperspirant do more than just protect?



New Dove Advanced Care goes way beyond protection. 8 out of 10 women agreed that it made their underarms soft and smooth.

### One Busy Body

Even as you read this, amazing feats are taking place inside you....

You produce roughly

#### 2.5 MILLION

new red blood cells each second.





The average reader's brain processes about

300

words per minute.



The amount of skin the average person sheds by age 70



100,000

Roughly the number of times your heart beats each day



Your lungs can take in more than

3,000 GALLONS of air daily. YOUR THIGHBONE CAN SUPPORT

30 times
YOUR BODY
WEIGHT.





For every pound of fat gained, your body creates at least

1 MILE

of new blood vessels.

10
million

THE APPROXIMATE
NUMBER OF COLORS
THE HUMAN EYE
CAN DIFFERENTIATE





You use as many as

40 MUSCLES

to take a single step.

iving your body what it needs to keep you upright, smiling, and on the move doesn't require hours in the gym or a lifetime without chocolate. Recent science shows that small lifestyle changes (and a little fun) are all it takes to improve your health drastically. We talked to prominent doctors, crunched the data, and found a few highpayoff tweaks that are so simple, you can start today.

PHOTOGRAPHS BY Jamie Chung



#### Fight Fat with Fiber

A study in the journal *Obesity* found that every ten-gram increase in subjects' consumption of soluble fiber over the course of five years was associated with a nearly 4 percent reduction in the accumulation of visceral fat, a type of belly fat linked to a host of health problems, including type 2 diabetes. Soluble fiber (found in oats, beans, and some fruits and veggies) can reduce the absorption of sugar and cholesterol into the bloodstream.

#### 5 FIBER ALL-STARS

Get in more fat-burning soluble fiber with these foods.

FOOD	SOLUBLE FIBER
Black beans, 1 cup	4 grams
Brussels sprouts, 1/2 cup	3 grams
Pear (medium)	2 grams
Prunes, ¼ cup	1.5 grams
Instant oatmeal, 1 packet	1 gram



## While breast cancer is a hot topic in the national media, it's important to be informed on other women's cancers that don't get as much media attention.

Gynecologic cancers are cancers that affect the female reproductive organs, including the ovaries, endometrium, uterus, cervix, fallopian tubes, peritoneum, vagina and vulva. And, just as women have become more aware of the warning signs of breast cancer, it's equally important for women to understand the facts about gynecologic cancer.

Roughly 71,500 women in the United States each year are diagnosed with a gynecologic cancer,<sup>1</sup> and the risk increases with age. The most common gynecologic cancer is endometrial/uterine cancer, which affects more than 52,000 women annually in the U.S.<sup>2</sup>

The key to lowering the risk for these cancers is preventive care and early diagnosis. And for many women, that may mean taking time out from busy family and work schedules to put their health first.



#### Cervical cancer

tends to occur during midlife. Most cases are found in women under the age of 50, and it is linked to human papillomaviruses.

#### Endometrial cancer

is rare for women under the age of 45; most cases are found in women over 50.

#### **Ovarian cancer**

affects up to 5% of women who have it in their family histories. It has the highest mortality of the gynecologic cancers, killing more than 14,000 women annually in the United States.<sup>3</sup>



#### **KNOW THE WARNING SIGNS**

Common signs of endometrial cancer are vaginal bleeding after menopause, bleeding in between periods, very painful cramps and pelvic pain, and abnormal discharge.

Ovarian cancer tends to be diagnosed at a more advanced stage, because there is no routine screening test for it. The signs may be different for each woman, and when present, some common symptoms are abdominal bloating, indigestion or nausea, changes in appetite such as loss of appetite or feeling full sooner than normal, feeling pressure in the pelvis or lower back, changes in bowel movements, increased abdominal girth, and feeling tired or having low energy.

When present, common symptoms for cervical cancer are vaginal bleeding in between periods, after intercourse or post-menopause; unusual vaginal discharge that is watery, pink and foul-smelling; pelvic pain; weight loss; fatigue; back pain; and leakage of urine or feces from the vagina.



Fertility is an important consideration for any woman diagnosed with cancer, especially gynecologic cancer.

Depending on your age, diagnosis and type of cancer treatment recommended (e.g., chemotherapy, radiation therapy, surgery), you should talk with your doctor about options for preserving fertility. It is crucial to have this conversation as early as possible after diagnosis, when the most options remain open to you.

#### Key questions to ask your doctor:

- 1. What effects will the recommended cancer treatments have on my fertility?
- 2. What can be done before starting treatment to preserve my fertility?

#### TAKE PREVENTIVE ACTION

You can play an active role in reducing your chance of developing gynecologic cancers. A key factor for survival of these cancers is early diagnosis.



**Make healthy choices for yourself**, such as a well-balanced diet, an active lifestyle, quitting or avoiding smoking, maintaining a healthy weight, and safe sex practices.



**Pay attention to your body**—being in tune with your body makes it easier to detect abnormalities.



**Make time for an annual physical.** A Pap test is an important check for abnormal cells in the cervix, because in most cases of cervical cancer there are no noticeable symptoms. Routine pelvic exams may also improve the likelihood of early detection for endometrial cancer. For women over 30, the HPV test screens for high-risk HPV strains that may lead to cervical cancer.



**Educate yourself on your health history and your family's health history.** Having close relatives on either side of the family who have had ovarian cancer increases a woman's chance of getting ovarian cancer herself.

"Understand your own risk factors—and your family history—and have an open dialog with your primary care physician."

DR. MAURIE MARKMAN, PRESIDENT OF MEDICINE & SCIENCE, CANCER TREATMENT CENTERS OF AMERICA®

#### IF YOU'RE DIAGNOSED

Find a comprehensive cancer center that provides excellent care with an integrative, multidisciplinary team, preferably with one or more dedicated gynecologic oncologists on staff. These specialists focus specifically on treating gynecologic cancer and have specific training and expertise to offer. Your gynecologic oncologist can orchestrate a team of experts including dietitians, counselors, physical therapists, acupuncturists, and nurses and other clinicians working to treat your cancer and make you as comfortable as possible throughout your treatment.

Cancer Treatment Centers of America® (CTCA) is a national network of five hospitals in the U.S. with expertise in treating patients who are fighting complex or advanced-stage cancer, although many patients with an early-stage diagnosis seek treatment at CTCA® as well. We combine world-class treatment with an integrative approach to care to reduce side effects and maintain quality of life during cancer treatment. If you or someone you love has advanced-stage or complex cancer, call 855-587-5528 or go to cancercenter.com.



Winning the fight against cancer, every day."

Atlanta Chicago

Philadelphia Phoenix

Tulsa

#### References:

- $1. Get \ the \ Facts \ About \ Gynecologic \ Cancer, CDC \ http://www.cdc.gov/cancer/knowledge/pdf/CDC\_GYN\_Comprehensive\_Brochure.pdf$
- 2. National Cancer Institute, 2014. www.cancer.gov/cancertopics/types/endometrial
- 3. National Cancer Institute, 2014. www.cancer.gov/cancertopics/types/ovarian

#### Enjoy Your Joe

A new study in the *Journal of the National Cancer Institute* suggests that caffeinated coffee may help prevent malignant melanoma, the most dangerous form of skin cancer. Researchers found that people who regularly drank four or more cups (the equivalent of two Grandes at Starbucks) a day had on average a 25 percent lower risk of developing melanoma over the course of about ten years. One theory is that the roasting process produces vitamins that may protect against UVB damage. While decaf didn't show the same effect, another recent report linked drinking three to five cups (decaf or caffeinated) daily to a potential decrease in the risk of heart disease.



#### "THE BEST THING I DO FOR MY BODY" FFF NAV CVI

FEED MY SKIN VITAMIN C "I use a face moisturizer that has vitamin C, which can help prevent the oxidation in skin that damages elastic tissue and collagen. Look for a product with a vitamin C content of 10 percent—just enough for you to see the benefits without being too harsh. And make sure the product is stored in an opaque, airtight container so the vitamin C doesn't get oxidized. If that happens, it'll lose its effect." —Judith Hellman, MD, New York—based dermatologist

#### "THE BEST THING I DO FOR MY BODY"

#### EAT DARK CHOCOLATE

"When I'm feeling sluggish or craving something sweet, I reach for dark chocolate that's 70 percent cacao—it contains heart-healthy flavanols, and the high cacao content means there's less sugar. Plus, I get some energy from the caffeine."—Mehmet Oz, MD

## Step Out of the Shade

You've probably heard about the many benefits of vitamin D-it may help stave off depression, diabetes, heart disease, even some types of cancer. Now a study of roughly 400 healthy adults has found that the nutrient, which is produced during sun exposure, may improve physical strength, possibly by preventing muscle fibers from atrophying. Researchers discovered that high D levels are associated with greater arm and leg strength-a promising finding given that we lose up to 8 percent of our muscle mass per decade between ages 30 and 70.





#### **Beet It**

Drinking a cup of nitrate-rich beetroot juice each day significantly lowered blood pressure in people with hypertension, according to a new report. Over the course of four weeks, subjects' systolic blood pressure (the top number, which measures the pressure in arteries as the heart beats) dropped by about 8 points, while diastolic BP (the bottom number, which measures pressure between beats) decreased 2 to 5 points. Why? The body converts nitrate to nitric oxide, which relaxes arteries and improves blood flow.

#### "THE BEST THING I DO FOR MY BODY"

#### **MEDITATE**

"I used to have a difficult time meditating. No matter how hard I tried, I couldn't clear my head. Even the master Deepak Chopra tried to teach me, but it seemed my mind was too cluttered. Then I met Dr. Herbert Benson, who founded the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital. He gave me a valuable piece of advice: Initially, the key isn't to make your mind go blank, but to focus on a single thing that you personally find calming. For me it's the word gentle, because it evokes all sorts of calming images, like running water and beach scenes. Once I start focusing on that word, my mind begins to clear. I can now meditate for up to 15 minutes." —Sanjay Gupta, MD, neurosurgeon and CNN chief medical correspondent

#### Snooze **Your Way** Slim

A little more shut-eye may help ease your reliance on high-calorie snacks for energy. A small study in the journal Appetite found that when people who normally slept less than six and a half hours a night got an extra 96 minutes, they were 62 percent less likely to crave junk food and reported feeling less hungry overall.

#### "THE BEST THING I DO FOR MY BODY"

#### HAVFA **VEGETABLE** COURSE

"When vegetables are in the company of other foods, they often go untouched, so at dinner I eat vegetables before I put any other food on my plate. We tested the strategy with college students, too, and they not only ate more vegetables, but also consumed fewer calories total. Win-win!"

-Traci Mann, PhD, founder of the Health and Eating Lab at the University of Minnesota and author of Secrets from the Eating Lab

## OPEN WIDE

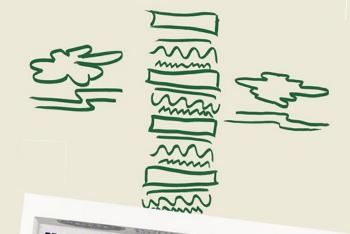
## not your pocketbook.

Ever find yourself in lunchmeat limbo thinking, "do I get the meat with ingredients I can't even pronounce, or the super expensive, fancy 'hey, look at me' stuff."

It's either affordable or natural. Guess what:

you can have both. Have more, not less! Stack it high to the sky! Now that you know, it's easy to

MAKE THE NATURAL CHOICE.com









#### Question Your Meds

At least two million Americans are infected with drug-resistant bacteria each year. One of the easiest ways to fight the emergence of such superbugs is to avoid misusing antibiotics. When you take an antibiotic, it kills not just illness-causing bacteria, but also good, infection-fighting bacteria. This gives bugs that are naturally resistant to the drug the chance to proliferate. As a result, the same antibiotic may not work the next time you need it. Currently, one in two hospital patients is prescribed an antibiotic. To protect yourself—and your fellow humans—ask your doctor if you really need a prescription. If you don't, skip it.

#### Just Do It!

Not tonight, dear,
I have a—wait a minute.
A recent German study
found that 60 percent
of subjects who were
experiencing migraines
and 37 percent who
had severe headaches
actually reported partial
or complete pain relief
after having sex—possibly
because the brain
releases endorphins,
natural pain relievers,
during the act.

#### "THE BEST THING I DO FOR MY BODY"

#### PUT SLEEP FIRST

"Data on how sleep affects the heart suggest that lack of adequate rest (less than six or seven hours) can increase risk of cardiac problems like heart attack and stroke. As someone who works, has a child, and wants to stay fit, I know it can be difficult to get a good night's sleep. But I make it a priority to get at least seven hours, even if that means skipping the gym to sleep in on some mornings."

—Tara Narula, MD, cardiologist and *CBS This Morning* medical contributor



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## NOTHING'S FASTER

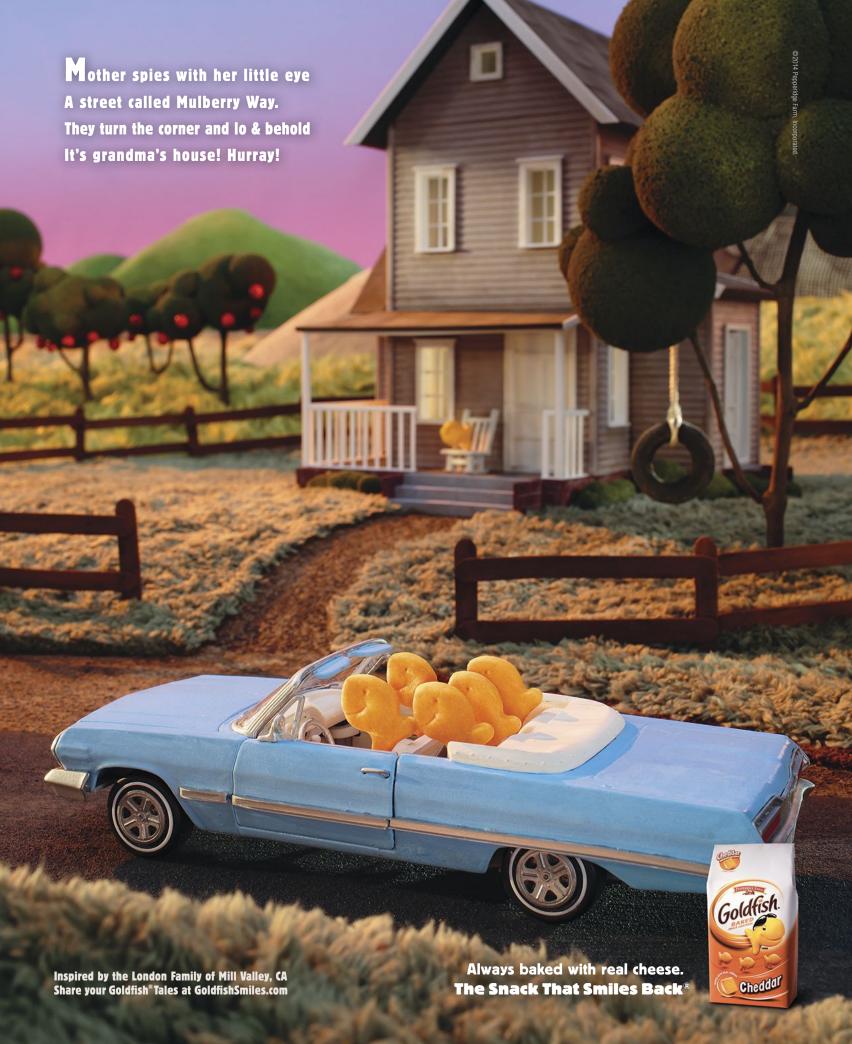
## NOTHING'S STRONGER\*

**Introducing** Allegra® Gelcaps for your toughest allergy symptoms

Noticeable Relief in One Hour 2X Faster than Claritin\*\* Stays Strong for 24 Hours







## OPRAH.COM | 6 | MAY 2015

## \_\_12\_\_





won't mince words: If you've never learned to tap into your intuition, your life is almost certainly much more difficult than it needs to be. Why? Because your intuition helps you make choices based on what you actually want. It helps you avoid trouble, draws you toward positive situations and away from negative ones. It circumvents your intellect—which can tell you all kinds of inaccurate, critical, self-defeating things—and instead guides you based on what your body, your very essence, knows to be true. Your intuition never criticizes you. If you're hearing an inner voice that sounds shaming, blaming, disdainful, withering, or mean, you're not hearing your intuition, which functions more like a kitten: It may be urgent, nervous, or resistant, but it could never imply that something is wrong with you.

Of course, it's all well and good to know how valuable your intuition is—but that doesn't mean you know how to listen to it. Many of us don't.

Which is where I come in. If your mission is intuition, these five lessons will get you started.

#### **LESSON 1**

## Dropping into Yourself

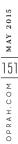
sensations, you switch it on by transferring all your attention from your thoughts to your body, focusing equally on every part. Start by relaxing your muscles. Breathe deeply and evenly. Now scan your whole being without judgment or effort, just noticing any areas of comfort or discomfort, relaxation or tension. Some places, such as your gut, shoulders, or jaw, may be so tense and "frozen," you won't be able to feel them at all. Wiggle them around a little until you at least become aware they exist. Don't fight any pain you may encounter. Just let yourself melt into it.

The more you can become aware of your body from the inside, the more clearly you'll notice areas of gripping or contraction. These tight spots could be information from your intuition. As you attend to them, they'll begin to bring up images and emotions. Allow this to happen. Your knotty lower back may conjure the irritation you feel toward your snobby sister. The clutching sensation in your throat may reveal hatred of telemarketing. Simply observe this information, without moving or acting in any way. If you do just this, you'll open up your intuition and begin learning hidden truths about yourself.

#### **LESSON 2**

#### The Body Sway

AS YOU GAIN clarity about problematic areas in your life, you'll naturally wonder what to do about them. You can get clear yesor-no answers by using the body sway. Stand with your feet shoulder width apart, weight balanced evenly over the soles of your feet. Think of something you know is bad for youfrequenting opium dens, eating pork rinds, breathing heavy smog. Allow your body to move any way it wants. Next, re-center your stance and think of something you know is good for you (cool breezes, fresh fruit, naps). Again, don't deliberately move. As you test this with other stimuli-your beloved goldfish, vour nosy neighbor-vou'll realize vour intuition is always literally pulling you away from harm, gently pushing you toward harmony. When you consider doing something that would be bad for you, your body will likely lean backward-not drastically, but noticeably; when you imagine doing something good for yourself, your body will lean slightly forward.





#### **LESSON 3**

#### Intuitive Memory Lane

YOU'VE PROBABLY RESISTED the pull of intuition in the past. Which is why a trip down intuitive memory lane is incredibly helpful. Grab a pen, and in the spaces below, list several times (a minimum of three) when you felt an intuitive hunch that something wasn't right—a souring relationship, a dull job, a "friend" you weren't sure you could trust, whatever—but didn't listen to your inner warning and, sure enough, something went wrong. Go ahead. Confess.

Now repeat the process, this time remembering occasions when you did things that turned out well. Did you stay on the elevator for an extra floor to talk to that stranger who became your best friend? Adopt the hamster that became an Internet megastar? Join an intervention that saved an alcoholic's life? Even if you may have doubted these choices in the moment, your intuition sent the signal "Do it!" And thank heaven you did. Write these instances below.

When My Intuition Said No	When My Intuition Said Yes

Now read over your lists. Think about any physical or emotional sensations you felt before defying your intuition and before listening to it. Then answer these questions.

What did you feel when you defied intuitive guidance? What sensations were common to all your negative experiences?

What did you feel when you followed intuitive guidance?
What sensations were common to all your positive experiences?

Where are you feeling "intuitive approval" sensations right now? What decisions are you making that create the feeling of intuitive approval?

Where are you feeling "intuitive disapproval" right now? What decisions are you making that create the sensations of pushing back against your intuition?

Look over your answers. Allow your intuitive sensations to get stronger. Don't judge and don't take action yet. Just listen and learn your intuition's way of guiding you.

## Intuition Scoring

**AS YOU BECOME** more attentive to your intuition, you'll start to see that it's always running, always communicating, albeit in subtle ways. This exercise can sharpen your listening skills. Read through the statements and rate your intuitive response to each, from very negative to very positive. (Your strongest intuitive "Yes!" sensation has a numeric score of +3. Your strongest intuitive "No!" gets a score of -3.)



My intuition is telling me	YES! NO! +3   +2   +1   0   -1   -2   -3
I'm in the best possible romantic relationship.	0   0   0   0   0   0
2 I should rethink my career.	0   0   0   0   0   0
3 I'm living in the right place for me.	0   0   0   0   0   0
4 to change something in my home.	0   0   0   0   0   0
5 I'm not eating right for my body.	0   0   0   0   0   0
6 I have all the friends I need right now.	0   0   0   0   0   0
7 I'm on the track of my life's purpose.	0   0   0   0   0   0
<b>8</b> to trust this test.	0   0   0   0   0   0
<b>9</b> to stop some activity I engage in regularly.	0   0   0   0   0   0
10 to get more rest.	0   0   0   0   0   0

#### **LESSON 5**

#### Conversation with Intuition

**NOW WE'RE GOING** to access your intuition by asking it to use language, but in an unfamiliar way. You're going to have a conversation with it. First you'll write a question with your dominant hand. Then switch to your nondominant hand and allow any answer that wants to scrawl out on the page. Here's an example. Brianna is trying to decide whether to stay in her soul-murdering job. She wrote out questions about this using her dominant hand, then switched to her nondominant hand to write answers. The results surprised and excited her. Here they are:

SAMPLE INTUITION CONVERSATION	
Should I quit my job?	Yes. Once I quit, I can get moving.
Moving? What does that mean?	I can start moving toward a more creative way of living.
Creative?	Like when I was in third grade and made a farm out of clay.
Am I saying I can make a living building farms out of clay?	No, but something similar.
What? How?	Quit my job, and the new path will appear.

Now it's your turn:

YOUR INTUITION CONVERSATION	

Write a question using your dominant hand. Switch the pen to your nondominant hand and let any answer blurp out in the right-hand column. Then switch the pen back and write another question in the left-hand column. Repeat as many times as you want.



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**AS YOU MASTER** the skills above, you'll find yourself turning on your intuition as often, and as usefully, as you send texts. You'll feel safer in the world, make better choices, and discover more joy in living. Of course, I don't know this for certain. I just have a very strong hunch.



Meet Autymn. Born with a severe lung condition called BPD, she's unable to breathe on her own. But at Nationwide Children's Hospital, Autymn is getting a second chance. Our doctors and scientists have developed the world's most advanced pulmonary treatments — innovations we're sharing with hospitals across the country to help thousands of other children like Autymn. When you support Nationwide Children's, you help kids everywhere.

Please donate to life-saving research and care at HelpKidsEverywhere.org

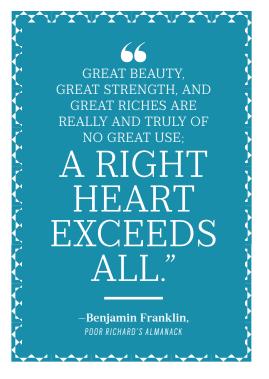


When your child needs a hospital, everything matters."

Autymn Pikeville, KY

## Quotables

Pocket-size wisdom to inspire you.



The stars
we are
given. The
constellations
we make."

-Rebecca Solnit,
STORMING THE GATES OF PARADISE

RIDE ON!
ROUGH-SHOD
IF NEED BE,
SMOOTH-SHOD
IF THAT WILL DO,
BUT RIDE ON!"

-Charles Dickens,
DAVID COPPERFIELD

There are only moments.
Live in this one.
The happiness of these days."

SITA

We yearned for the future. How did we learn it, that talent for insatiability?"

-Margaret Atwood.
THE HANDMAID'S TALE

Be jubilant, be jubilant, O my soul, For thou art alive to the whole!"

-Angela Morgan, "UTTERANCE"

advertisement

#### **HELP KIDS EVERYWHERE**

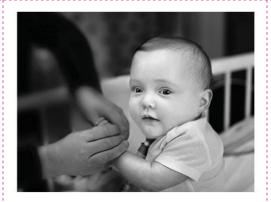
Through Life-Saving Research and Care

At Nationwide Children's Hospital, when one child gets better, so do countless others. Because every discovery made here is shared to help kids everywhere.

Please donate to life-saving research and care at HelpKidsEverywhere.org







#### **HELP AUTYMN**

KENTUCKY

Born prematurely with a severe lung condition, Autymn weighed only 1 lb. 6 oz.

See Autymn's story at **HelpKidsEverywhere.org** 







#### **HELP RYAN**

**CALIFORNIA** 

Diagnosed with Duchenne muscular dystrophy, Ryan battles this life-threatening disease daily.

See Ryan's story at **HelpKidsEverywhere.org** 





and more than
34 COUNTRIES.

Please give at **HelpKidsEverywhere.org** 





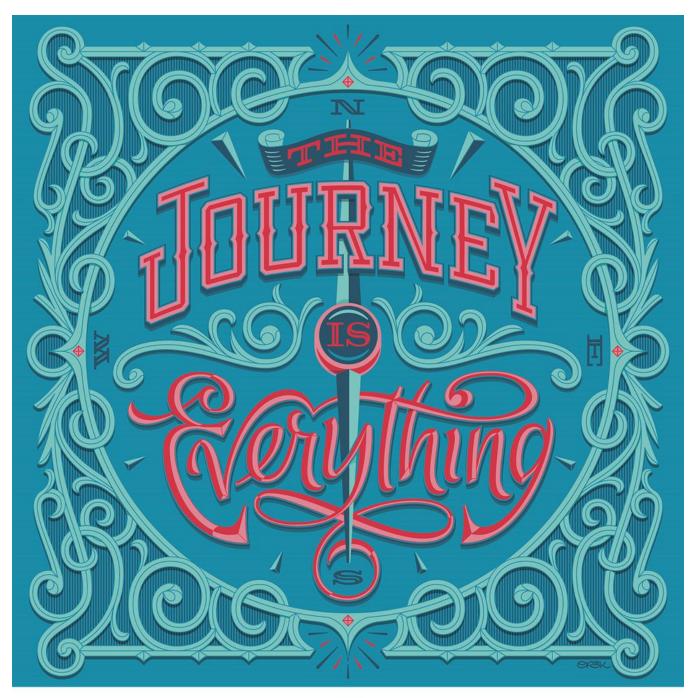
#### **HELP LAUREN**

0HI0

Lauren travels to Nationwide Children's Hospital several times a year to receive innovative leukemia treatments.

See Lauren's story at **HelpKidsEverywhere.org** 







o be human is to question. How can I be happy? Where will I find peace? What really matters? Why me? In the search for meaningful answers, we paged through every issue of O and found ballast for the days you need it most.

#### "I embrace the wisdom of uncertainty, because if everything is certain, where is the creativity?"

**Deepak Chopra**, MD, founder of the Chopra Center for Wellbeing and coauthor of *Brotherhood: Dharma, Destiny, and the American Dream* 

"Breath is the power behind all things. Your breath doesn't know how old you are; it doesn't know what you can't do. If I'm feeling puzzled or my mind is telling me that I'm not capable of something,

I breathe in and know that good things will happen."

Tao Porchon-Lynch, yoga instructor, age 96

"Learn to love revision."

#### Wally Lamb,

novelist and author, most recently, of *We Are Water*  "We are free to move forward only when we remove the emotional shackles of regret."

**Suze Orman,**O financial expert

"A few years ago, a 5-year-old swiveled around to me in her car seat and, totally out of the blue, said, 'Grandma, why are we alive?' Ah, I told her, to love and help other people, of course, and-I continued, although I could see that her attention was already driftingone of the reasons we're alive may in fact be to ponder that question. Because it had just occurred to me that the work of answering the question Why are we here? may itself be part of the answer. Asking after the purpose of life gives our lives purpose."

Barbara Ehrenreich,

author of Living with a Wild God

"The mind is like a puppy: easily distracted. And in the same way you train a puppy, we must **train our minds**.... Take a moment to breathe deeply. Licking, nibbling, and gnawing obsessively on next week—when *this* week is still here to be enjoyed—just exhausts you."

Iyanla Vanzant, host of OWN's Iyanla: Fix My Life





"Sometimes I'm nearly overwhelmed by the deluge of gifts earth bestows on us, entirely unearned: water, air, food, the ground beneath our feet.... So what should be our response to the generosity of the world? Paying attention to it. Drinking it in. Letting its energy flow into us. Celebrating...the physical and spiritual things, the tranquil and exhilarating things, prayer and poetry

#### and pancakes alike." Robin Wall Kimmerer,

PhD, author of Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants

#### "I believe joy is a spiritual practice."

Brené Brown, PhD, author of Daring Greatly

"Strength means honoring your entire range of emotions, even your despair and heartbreak. Especially your despair and heartbreak. It means acknowledging each of those feelings, your questions and ideas and faith and terror, and meeting what comes with the full force of your heart."

Brenda Shaughnessy, author of the poetry collection Our Andromeda

"ไขย learned that if you want to have lovina feelings, do loving things."

#### Anne Lamott,

author of Stitches: A Handbook and Repair

"The only place where you can or need to be free is this moment. Not the rest of your life. Just now."

Eckhart Tolle, author of A New Earth

"I don't think there's a wrong way to pray. You just bring who you are, and you sort of rip your rib cage open: This is where I'm at, this is who I'm thinking about, this is what I'm thankful for. The most beautiful prayers... happen spontaneously. It's less about escaping the everyday flow of life than engaging with it."

Rob Bell, pastor and author of What We Talk About When We Talk About God

on Meaning, Hope

"We can develop our minds infinitely—there is no limitation. Many of us are discontent with how many possessions we have, but we're content when it comes to our spiritual development. That is the mistake we make."

His Holiness the 14th Dalai Lama MORGAN RACHEL LEVY/VAULT ARCHIVES

"Wisdom is like marinade. First you take what a book said, or what a teacher said, and then you mix it with your own ideas. Then you add experience and pour in a few buckets of tears. Add memories of lost love, a pinch of personal humiliation and a teaspoon of deep regrets. Add to that a cup of courage. Leave it to soak for a few years and—voilà—darn it if you have not become wise."

Marianne Williamson, author of A Year of Miracles

"Most people try to escape their daily lives through stimulation or titillation. **But spiritual** uplift happens through real connectionconversation, community, action, music. I lift my spirits listening to Mahalia Jackson."

#### Cornel West,

PhD, author and professor of philosophy and Christian practice, Union Theological Seminary "Yes, spiritual
enlightenment and
sandals are good, But
so are air-conditioning
and indoor plumbing,
You can find spiritual
enlightenment wherever
you are, whenever
you're ready."

Lisa Kogan, O writer at large

"We can't take a recess from life-it keeps going on. But we can take recesses from feeling trapped anytime. If you take a deep breath and look around, 'Look what's happening to me!' can become 'Look what's happening!' And what's happening? The incredible drama of life is happening. And we're in it!"

#### Sylvia Boorstein,

PhD, psychologist, meditation teacher, and author of *Happiness Is an Inside Job* 



05/02/15 CODE: 160

"When I'm taking my last breath,
I want to look at how I used up the best
of myself. How much did I sweat, push,
pull, rip, fall, hit, crash, explode?...
My dream is to be so well used that in
my last half-second, I just burst into dust."

Elizabeth Streb, choreographer

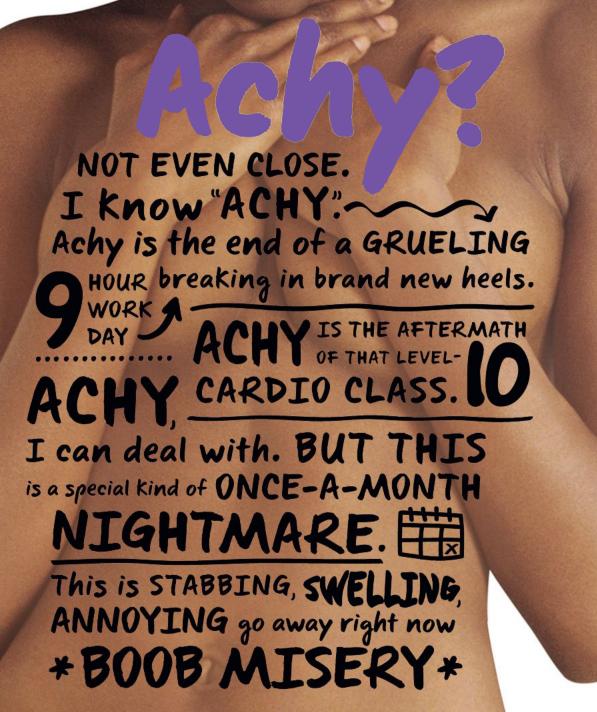
"The thing that's grand about spending your time thinking about the universe is that it makes you feel insignificant. I don't mean that in a bad way. If vou understand that we've now discovered solar systems that contain planets similar to Earth, and that those are just the ones we know about, since most of the stars we've looked at are within about 300 light-years of Earth and the distance to the center of our galaxy is nearly 100 times thatthen you realize that the laundry vou've left undone and the dumb thing you said yesterday are about as significant as

#### Alyssa Goodman,

PhD, professor of astronomy, Harvard University

slime mold."







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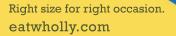
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#### **Audrey Saunders**

#### La Bella Donna Cocktail

Cynar, a bittersweet artichoke-based Italian liqueur, "adds a sophisticated yet gentle, bitter, rich note—a je ne sais quoi, if you will," says mixologist Audrey Saunders of Pegu Club in New York City. To make simple syrup, put equal parts granulated sugar and water into a small pot and bring just to a simmer over medium heat, stirring until sugar is dissolved. Let cool completely before using.

- 3/4 ounce lemon juice (from 1 lemon)
- 3/4 ounce simple syrup
- 8 fresh mint leaves
- 11/2 ounces rum, preferably Bacardi 8 Year
- 1/2 ounce sherry, preferably Dry Sack
- 1/4 ounce Cynar
- 2 ounces Champagne, chilled

Put lemon juice, simple syrup, and mint in a cocktail shaker. Muddle mint, pressing down gently on the leaves with a wooden spoon to extract the mint's essential oils. Add rum, sherry, and Cynar. Top with ice, close shaker, and shake for 5 seconds. Strain through a fine mesh sieve into a chilled cocktail glass. Top with Champagne and serve immediately.

Makes 1 cocktail. Total time: 10 minutes.

#### Suzanne Goin

### Swiss Chard Tartlets with Gruyère, Currants, and Pine Nuts

"I love the flavors of Provence, especially Nice, and this dish, with its combination of greens with currants and pine nuts, really brings together the tastes of that region," says Suzanne Goin, chef and co-owner of A.O.C. and Lucques in Los Angeles. This recipe is best made using a mini-muffin pan with cups that are about 2" wide and 1" deep.

#### DOUGH

- 21/4 cups all-purpose flour, plus more for rolling dough
  - 3 Tbsp. fine yellow cornmeal
  - 1 tsp. kosher salt
  - 1 cup (2 sticks) cold unsalted butter, cut into cubes, plus more for greasing pan

#### FILLING

- 2 Tbsp. extra-virgin olive oil
- 3/4 cup finely chopped yellow onion
- 1/2 cup finely chopped fennel
- 1 tsp. fresh thyme leaves
- 1 dried chile de árbol, stemmed and crumbled, or ¼ tsp. crushed red pepper flakes
- 6 ounces Swiss chard, thick ribs removed, leaves thinly sliced (about 2 cups)
- 1 tsp. kosher salt, divided
- 1/4 tsp. ground black pepper
- 2 Tbsp. dried currants
- 1 large egg, beaten
- 1/2 cup crème fraîche
- 1/2 cup grated Gruyère (about 2 ounces)
- 1/3 cup grated Parmesan (about 1 ounce)
- 2 Tbsp. pine nuts, toasted
- 1. Make dough: In a food processor fitted with a metal blade, put flour, cornmeal, and salt and pulse to combine. Scatter butter over flour mixture and pulse four or five times more, until mixture resembles a coarse meal. With motor running, add 4 Tbsp. ice water and process until dough clumps, about 1 minute. Shape into a 6" disk, wrap in plastic, and refrigerate until firm, about 2 hours.
- 2. Lightly butter a 24-cup mini-muffin pan. On a lightly floured surface, roll out dough into a 16" circle about 1/8" thick. Using a 23/4" cookie or biscuit cutter, cut out 24 circles (press together any dough scraps and reroll as needed). Gently press a circle of dough into each muffin cup, using your fingers to spread dough against bottom and sides. Cover with plastic wrap and refrigerate while you make filling.
- **3.** Make filling: Preheat oven to 400°. In a large skillet, heat oil over medium heat. Add onion, fennel, thyme, and chile and cook, stirring often, until onion is translucent, about 3 minutes. Add chard, ½ tsp. salt, and black pepper. Cook, stirring, until chard is just wilted, about 1 minute more. Transfer to a large bowl and set aside to let cool. Meanwhile, put currants in a small bowl and cover with hot water. Set aside to let soak for 10 minutes, then drain.
- **4.** In a medium bowl, stir together egg, crème fraîche, Gruyère, Parmesan, and remaining ½ tsp. salt. Add to bowl with chard along with soaked currants and pine nuts and stir to combine.



**5.** Spoon chard mixture into prepared pan, filling each muffin cup to top. Bake until golden brown, rotating pan halfway through, about 20 minutes. Let cool for 15 minutes. Run a knife around the edge of each tartlet to loosen. Transfer to a platter and serve.

Makes 2 dozen. Active time: 1½ hours. Total time: 4 hours.

#### Nigella Lawson

#### White Bean and Parsley Hummus

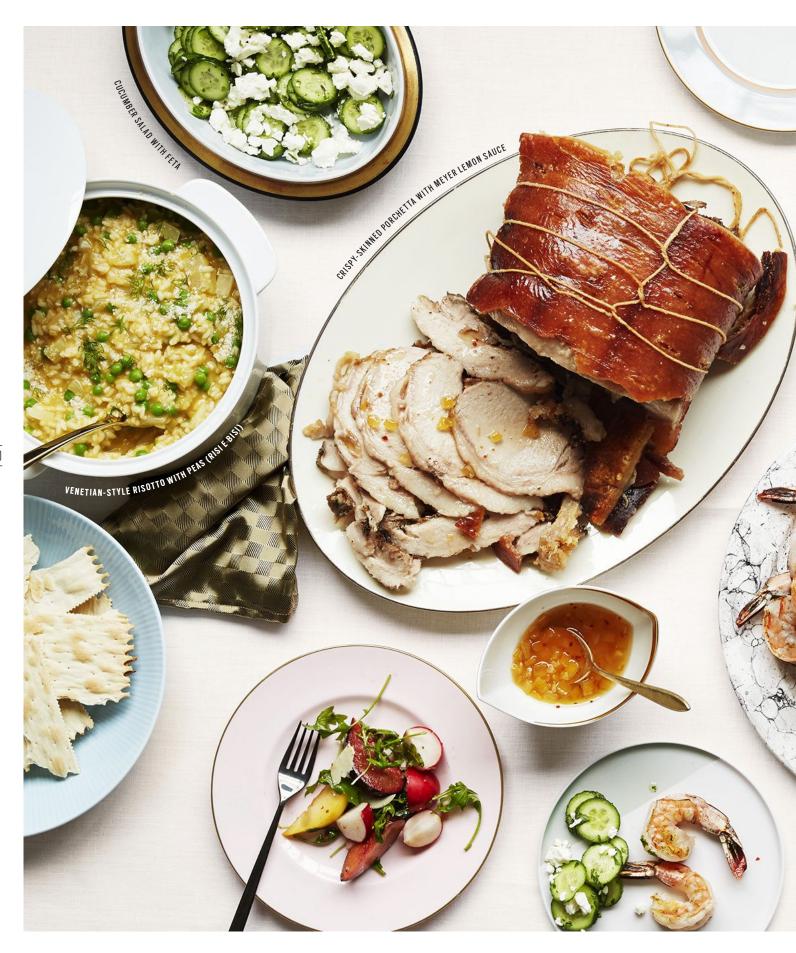
"In truth, this dip could just as well be described as a version of guacamole," says Nigella Lawson, judge on ABC's *The Taste* and author of the forthcoming *Simply Nigella*. "But however you want to name it, it is straight-out delicious and fabulously quick and easy to make in the bargain."

- 1 (15-ounce) can white beans, such as cannellini or navy beans, rinsed and drained
- 2 Tbsp. fresh lemon juice
- 1 tsp. finely grated zest (from 1 lemon)
- 11/2 Tbsp. tahini
- 1 tsp. flaky sea salt, such as Maldon, or 1/2 tsp. kosher salt
- 1 tsp. ground cumin
- 1/4 tsp. cayenne pepper
- 1 avocado, pitted and peeled
- 1/2 cup lightly packed flat-leaf parsley leaves Crudités or crostini, for serving

In a food processor fitted with a metal blade, add beans, lemon juice and zest, tahini, salt, cumin, and cayenne and pulse until well combined. Scrape down sides of bowl. Add avocado and parsley, and puree until smooth. Check for seasoning, adding more lemon juice, salt, or cayenne to taste. Serve with crudités, or spread onto crostini.

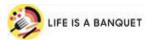
Makes 2 cups. Total time: 15 minutes.











#### **Marcus Samuelsson**

#### Romaine, Kale, and Green Bean Salad with Coconut-Lime Dressing

"The dressing has a great kick to it, and it's creamy without having any dairy," says Marcus Samuelsson, chef and owner of Red Rooster Harlem in New York City. "Use the mix of greens as a base. Then add in any other produce at the market that looks great."

#### Kosher salt

- 1/4 cup fresh lime juice (from about 2 limes)
- 1/4 cup unsweetened coconut cream, stirred
- 11/2 Tbsp. honey
  - 1 to 11/2 Tbsp. hot sauce
  - 1 tsp. Dijon mustard
- 3 Tbsp. grapeseed oil
- 1 Tbsp. extra-virgin olive oil
- 1/2 pound green beans, trimmed and halved crosswise
- 1 head romaine, trimmed and cut into bite-size pieces
- head Tuscan kale, ribs removed, leaves thinly sliced
- 1/2 cup roasted, salted peanuts, roughly chopped, divided
- 1. Bring a large pot of salted water to a boil. Meanwhile, in a blender, combine lime juice, coconut cream, honey, hot sauce, mustard, and ½ tsp. salt, and puree until smooth. With motor running, add grapeseed and olive oils in a slow, steady stream until emulsified. Season with more salt to taste.
- 2. Add green beans to boiling water and cook until just tender, about 4 minutes. Drain and rinse until cool. Pat dry and transfer to a large bowl. Add romaine, kale, half of the peanuts, and coconut-lime dressing and toss gently to combine. Transfer to a serving platter or bowl, scatter remaining peanuts on top, and serve.

Makes 8 servings. Total time: 45 minutes.





#### Stephanie Izard

#### Leek and Sweet Onion Soup with Tarragon Salsa Verde

Cooking the leeks and onions in a lot of olive oil adds richness so you can use less cream at the end, says Stephanie lzard, chef and co-owner of Girl & the Goat and Little Goat Diner in Chicago. "Season slowly with salt at the end, so the natural sweetness of the onions shines through," she says.

#### SOUP:

- 2 cups extra-virgin olive oil
- 4 medium leeks, trimmed and rinsed, white and light green parts chopped (about 6 cups)
- 2 large sweet onions, sliced (about 6 cups)
- 3 garlic cloves, chopped
- 1 cup dry Cava, or other dry sparkling or white wine
- 3/4 cup heavy cream
- 2 tsp. kosher salt, plus more to taste

#### SALSA VERDE:

- 1/2 cup lightly packed flat-leaf parsley leaves, finely chopped
- 1/2 cup lightly packed tarragon leaves, finely chopped
- 1/2 cup red wine vinegar
- 1/4 cup extra-virgin olive oil
- 2 Tbsp. soy sauce
- 1 Tbsp. minced garlic
- 1 Tbsp. capers, drained and chopped
- 1 Tbsp. chopped pitted green olives Kosher salt
- 1. Make soup: Heat oil in a large, wide pot over medium heat. Add leeks, onions, and garlic and cook, stirring occasionally, until very soft, about 30 minutes.
- 2. Meanwhile, make salsa verde: In a medium bowl, stir together all ingredients, adding salt to taste
- 3. To finish soup, add Cava and cook 10 minutes more. Stir in cream and 1 cup water. Working in batches, puree soup in a blender until smooth. Return to pot, stir in salt, and reheat gently over medium-low heat. Ladle soup into bowls, top with salsa verde, and serve.

Makes 8 servings. Active time: 45 minutes. Total time: 1 hour 15 minutes.

#### Mario Batali

#### Venetian-Style Risotto with Peas (Risi e Bisi)

This classic risotto makes a fantastic meat–free first course because it "really lets springtime vegetables sing," says chef Mario Batali, coauthor of *America—Farm to Table*. The fresher the produce, the better the dish.

- 10 cups vegetable stock
- 6 Tbsp. extra-virgin olive oil
- 1 cup finely chopped shallots (about 5)
- 3 celery ribs, finely chopped
- 1 large fennel bulb, fronds chopped and reserved, bulb cored and cut into 1/2" pieces
- 21/4 cups Arborio rice
  - cups shelled fresh peas (from about 2 pounds whole pods) or thawed frozen peas
- 3/4 cup grated Parmesan (about 3 ounces)
- 6 Tbsp. unsalted butter, cut into pieces
- 1 tsp. kosher salt
- 1/4 tsp. ground black pepper
- 1. In a medium pot, bring stock just to a simmer. Reduce heat to medium-low and keep hot. Meanwhile, in a large, deep skillet, heat oil over medium heat. Add shallots, celery, and fennel bulb and cook, stirring occasionally, until softened, 8 to 10 minutes.
- 2. Add rice and cook, stirring constantly, until almost opaque, about 2 minutes. Ladle in enough stock to just cover rice (about 2 cups); increase heat to high and bring to a boil.

  Cook, stirring constantly, until stock is almost absorbed, about 2 minutes. As level of stock dips below level of rice, continue to add stock 1 cup at a time to keep rice covered, all while stirring constantly.
- **3.** After about 12 minutes, add peas and cook 3 to 4 minutes more (a bit less if using frozen peas), adding more stock if necessary. The risotto should be quite wet and saucy, with the rice tender and creamy yet still al dente. (You may have a bit of stock left over.)
- **4.** Remove from heat, add Parmesan and butter, and stir vigorously for 25 seconds. Stir in salt and pepper. Spoon onto plates, garnish with fennel fronds, and serve.

Makes 8 servings. Total time: 45 minutes.





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#### **Hugh Acheson**

#### Plum, Radish, and Arugula Salad with Red Wine Vinaigrette

"This vinaigrette is my go-to dressing at home," says chef Hugh Acheson of Five & Ten in Athens, Georgia, and author of *The Broad Fork*, out this month. "It's easy and straightforward, yet so tasty. Shake it in a jar aggressively, like a CrossFit workout that lasts only a minute."

- 1 tsp. vegetable oil
- 1 large sweet onion, halved crosswise, ends trimmed
- 1/2 cup extra-virgin olive oil
- 3 Tbsp. red wine vinegar
- 2 Tbsp. minced mint leaves
- 1 Tbsp. minced flat-leaf parsley leaves
- 1 Tbsp. whole grain mustard
- 3/4 tsp. kosher salt, divided, plus more to taste
- 1 shallot, peeled and minced
- 1/4 pound arugula
- 16 small radishes, preferably Cherry Belle, trimmed and halved or quartered
- 4 medium plums (about 1 pound), pitted and cut into eighths
- 1 cup shaved Parmesan (about 2 ounces)

1. In a medium cast-iron skillet, heat vegetable oil over medium heat. Place onion halves in skillet cut side down, and cook until charred, about 10 minutes. Flip and cook until charred and softened, about 10 minutes more. Transfer to a plate, and set aside to let cool.



- 2. In a pint-size jar with a tight-fitting lid, combine olive oil, vinegar, mint, parsley, mustard, 1/2 tsp. salt, and shallot. Seal tightly and shake well. Season with more salt to taste.
- 3. In a large bowl, place arugula, radishes, and plums. Separate charred onion into rings and add to bowl. Season with remaining ¼ tsp. salt, then dress with some of the vinaigrette. Use less than you would generally, as you will add more in a bit. Toss gently. Add Parmesan and toss gently again. Arrange on a platter and drizzle with more vinaigrette.

Makes 8 servings. Total time: 45 minutes.

#### **David Kinch**

### Shrimp with Fava Bean and Mint Pesto

"Pesto is great for entertaining because you can make it up to a day in advance," says David Kinch, chef and owner of Manresa in Los Gatos, California. "It tastes even better as the flavors marry—and then all you have to do is cook the shrimp right before serving." If fresh fava beans are not available, look for frozen, or substitute edamame, starting with 1 cup shelled beans and skipping the step of blanching and peeling.

- 2 cups shelled fava beans (from about 3 pounds whole pods)
- 6 Tbsp. extra-virgin olive oil, divided
- 1 Tbsp. whole blanched almonds, lightly toasted
- 1 Tbsp. grated Parmesan
- 10 mint leaves (from about 2 stems)
- 1 garlic clove, minced
- 1 oil-packed anchovy (optional)
- 2 Tbsp. lemon juice (from 1 lemon)
- 11/2 tsp. kosher salt, divided
- 1/4 tsp. ground black pepper
- 32 large shrimp (about 2 pounds), peeled and deveined, tails left on
- 1. Bring a large pot of water to a boil.

  Meanwhile, prepare a large bowl of ice water.

  Add fava beans to boiling water and cook for

  30 seconds. Drain and transfer to ice water until

  chilled, then drain again. Peel fava beans,

  discarding their papery outer skins. (You should

  have about 1 cup.)
- 2. Transfer fava beans to a food processor. Add 4 Tbsp. oil, 3 Tbsp. water, almonds, Parmesan, mint, garlic, and anchovy (if using) and pulse to make a chunky puree. Transfer to a medium bowl and stir in lemon juice, ½ tsp. salt, and black pepper, adding a bit more water to thin out sauce, if you like. Add additional lemon juice or saft to taste, if needed.

- **3.** Using 8 (8") skewers, thread 4 shrimp onto each skewer. Run a second parallel skewer through each set of shrimp to make them easy to turn. Season with remaining 1 tsp. salt.
- **4.** In a large heavy skillet, heat 1 Tbsp. oil over medium heat. Working in batches, cook shrimp until golden, 1 to 2 minutes. Flip and continue to cook until golden and just cooked through, 1 to 2 minutes more. Transfer to a papertowel-lined plate; repeat with remaining shrimp, adding remaining 1 Tbsp. oil to pan when needed. Spoon pesto on a platter, add shrimp, and serve.

Makes 8 servings. Total time: 1 hour.

#### **Dominique Crenn**

### Cucumber Salad with Feta

"On very sunny and warm days, my mother used to make a similar dish," says Dominique Crenn, chef and owner of Atelier Crenn in San Francisco. "It reminds me of my North African roots, even though I was adopted at a young age and never experienced that culture." The flavors are mild and refreshing, so feel free to increase the herbs and other dressing ingredients to your taste.

- 1/4 cup extra-virgin olive oil
- 1/4 cup lemon juice (from about 2 lemons)
- 1 tsp. minced flat-leaf parsley leaves
- 1/2 tsp. minced mint leaves
- 2 English cucumbers (about 1½ pounds total), very thinly sliced, preferably on a mandoline
- 1/2 cup crumbled sheep's-milk feta
- 3/4 tsp. kosher salt
- 1/4 tsp. ground black pepper
- 1/4 tsp. minced red onion

In a large bowl, whisk together oil, lemon juice, parsley, and mint. Add cucumbers, feta, salt, pepper, and onion and toss gently to coat. Cover and chill for 2 hours before serving.

Makes 8 servings. Active time: 20 minutes. Total time: 2½ hours.











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#### **Dominique Ansel**

#### Coconut-Berry Pavlova Parfait

"Meringue is very forgiving: It slowly bakes at a low heat, so you don't have to worry about it burning," says Dominique Ansel, chef and owner of Dominique Ansel Bakery in New York City. If you don't have time to make your own, you can use store-bought meringue cookies. For an impressive presentation, use a trifle bowl or a 6"- to 7"-wide glass vase.

#### COCONUT CREAM:

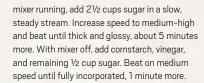
- 21/4 cups heavy cream
  - 1 (1/4-ounce) packet unflavored powdered gelatin
  - 1 Tbsp. granulated sugar
  - 1 cup well-stirred, unsweetened coconut cream
  - 1 cup chopped white chocolate (about 6 ounces) or white chocolate chips

#### MERINGUE:

- 10 large egg whites
- 3 cups granulated sugar, divided
- 2 Tbsp. cornstarch
- 2 Tbsp. distilled white vinegar

#### TO ASSEMBLE:

- 4 cups raspberries
- 4 cups strawberries, hulled and halved
- 1/4 cup granulated sugar
- 3 Tbsp. lime juice (from about 2 limes), plus 1 tsp. finely grated lime zest
- 1. Make coconut cream: Put heavy cream in a medium pot and sprinkle gelatin evenly over top. Set aside for 10 minutes, then add sugar. Bring just to a boil over medium-high heat, stirring often. Remove from heat and stir in coconut cream and white chocolate until smooth. Transfer to a heatproof container, set aside to let cool to room temperature, then cover and refrigerate until cold, 4 to 6 hours.
- 2. Make meringue: Preheat oven to 325°. Line a large, rimmed baking sheet with parchment paper. Using a stand mixer fitted with a whisk attachment, beat egg whites on medium speed until light and fluffy, about 3 minutes. With



- 3. Spread meringue onto prepared baking sheet in an even layer about 1" thick, leaving a ½" to 1" gap around pan edges to allow meringue to puff up as it bakes. Bake until just firm to the touch and dry on top, with a slight spring in the center, about 50 minutes. Set aside to let cool completely.
- **4.** Assemble parfait: Transfer coconut cream to bowl of a stand mixer fitted with a whisk attachment and beat on medium speed until medium peaks form, 4 to 5 minutes. In a large bowl, gently toss together raspberries, strawberries, sugar, and lime juice and zest.
- **5.** With upturned trifle bowl or vase as a guide, use a sharp knife to cut out 3 meringue circles to fit inside bowl. Place a layer of meringue in bottom of bowl, top with 1/3 of berries, and then 1/3 of coconut cream, gently spreading out each layer. Repeat layering two more times, reserving a few berries and meringue scraps for garnish. Cover and refrigerate until ready to serve.

Makes 12 servings. Active time: 2 hours. Total time: 6 hours.

#### Nicole Krasinski

#### Walnut Rosemary Brown Butter Torte with Whiskey Cloud Cream

Ground walnuts and brown butter are the secret to the super-moist texture of this torte, says Nicole Krasinski, pastry chef and co-owner of State Bird Provisions and the Progress in San Francisco. "We loved this dessert so much after creating it for *O* that we put it on the menu at the Progress," she says. The cake can be wrapped and stored in an airtight container for up to 4 days.

#### CLOUD CREAM:

- 2 Tbsp. maple syrup
- 2 Tbsp. whiskey
- 11/2 tsp. unflavored powdered gelatin
  - 2 cups heavy cream
- 1/8 tsp. kosher salt

#### CAKE:

- 3/4 cup (11/2 sticks) unsalted butter, cut into pieces, plus more for greasing pan
- 1/4 cup rosemary leaves (from about 3 large stems), plus sprigs for garnish



- 1 cup raw walnut halves or pieces, plus more for garnish
- 1/3 cup plus 2 tsp. all-purpose flour, divided
- 5 large egg whites, at room temperature
- 1/3 cup granulated sugar
- 3/4 cup powdered sugar, sifted
- 1/2 tsp. kosher salt
- 1. Make cloud cream: Pour maple syrup and whiskey into a small pot. Sprinkle gelatin evenly over surface and set aside for 10 minutes. Cook over medium-low heat, stirring constantly, until gelatin is dissolved and no longer grainy, about 3 minutes.
- 2. Using a stand mixer fitted with a whisk attachment, beat heavy cream on medium speed until thick, about 2 minutes. With motor running, drizzle in warm gelatin mixture and add salt. Continue to beat until soft peaks form, about 30 seconds more. Cover and chill until set and fluffy like marshmallow, 6 hours or overnight.
- **3.** Make cake: Preheat oven to 325°. Butter bottom and sides of an 8" or 9" springform pan. Line bottom with parchment paper, and butter paper.
- 4. Put butter and rosemary in a large skillet and melt over medium-high heat, stirring often. Continue to cook until solids are brown and butter has a nutty fragrance, about 3 minutes. Pour through a fine mesh sieve into a heatproof bowl, discarding solids.
- **5.** In a food processor fitted with a metal blade, pulse walnuts and 2 tsp. flour until very finely chopped (but without forming a paste).
- 6. Fill a medium pot with 2" water. Bring to a simmer over medium heat. Meanwhile, in a medium heatproof bowl that will fit nestled in pot above water, whisk together egg whites and sugars. Place bowl over pot and cook, whisking constantly, until sugars dissolve and mixture is just hot to the touch, about 2 minutes. Remove from heat and whisk in remaining 1/3 cup flour, chopped walnut mixture, and salt. Add brown butter in thirds, whisking well after each addition. Pour batter into prepared pan and bake until golden brown and center springs back when touched, about 35 minutes. Cool cake for 15 minutes, then remove sides of pan and let cool to room temperature. To serve, transfer cake to a plate, discarding parchment paper. Garnish with rosemary sprigs and walnuts and serve with cloud cream.

Makes 8 servings. Active time: 1½ hours. Total time: 6 hours.







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## 15-Minute Mains

No time to cook a 15-course meal? Try these fast weeknight dinners: Each cleverly uses store-bought ingredients—bagged coleslaw, jarred pepperoncini, frozen tortellini—and takes only 15 minutes from start to finish.

RECIPES BY Marcia Kiesel

### Stir-Fried Pork with Cabbage, Peanuts, and Lime

21/2 Tbsp. vegetable oil, divided

- 1 small onion, thinly sliced
- 1 pound thin boneless pork chops Lime zest, plus lime wedges for serving
- 1 package coleslaw (14 to 16 ounces)
- 1/2 tsp. kosher salt
- 1/2 tsp. ground black pepper
- 1 Tbsp. ketchup
- 1 Tbsp. soy sauce
- 1/2 cup chopped roasted peanuts Steamed rice, for serving

In a very large skillet, heat 2 Tbsp. oil over medium-high heat. Add onion, cover, and cook until browned, about 4 minutes. Meanwhile, cut pork into 1/3"—wide strips and finely grate 1/2 tsp. lime zest. Uncover skillet and add coleslaw. Toss a few times and push to side of skillet. Add remaining 1/2 Tbsp. oil and sliced pork in an even layer. Season with salt and pepper, and cook until browned on bottom, about 1 minute. Stir in ketchup to coat pork; cook until pork is no longer pink inside, about 1 minute more. Add soy sauce and lime zest, and toss to combine. Remove from heat, top with peanuts, and serve over rice with lime wedges.

#### Chicken with Hot and Sweet Peppers

- 2 Tbsp. olive oil
- 1 pound thin chicken cutlets, cut crosswise into 3"-wide slices
- 1/2 tsp. kosher salt
- 2 garlic cloves, thickly sliced
- 2 roasted red bell peppers, cut into 1/2"-wide strips
- 12 jarred pepperoncini, with 3 Tbsp. of their pickling liquid
- 2 Tbsp. unsalted butter Crusty loaf of bread, for serving

In a large skillet, heat olive oil over high heat. Add chicken in an even layer. Season with salt, and scatter garlic in pan. Cook until chicken is golden brown, about 2 minutes. Turn chicken and cook about 2 minutes longer. Add roasted peppers, pepperoncini, and pickling liquid to skillet and simmer about 1 minute, or until chicken is just cooked through. Remove skillet from heat and swirl in butter. Serve with bread.

Makes 4 servings. Total time: 15 minutes.

## Cheese Tortellini with Bacon and Asparagus

Kosher salt

- 4 slices bacon, cut into 1" pieces
- 1 pound asparagus, trimmed
- 3/4 pound frozen cheese tortellini
- 1 cup cherry tomatoes
- 3 Tbsp. grated Parmesan
- 1/4 tsp. ground black pepper

Bring a large pot of salted water to a boil. In a large skillet, cook bacon over medium-high heat until crisp, about 2 minutes per side. Meanwhile, cut asparagus into 2" lengths. Transfer bacon to a plate. Add asparagus and 1/8 tsp. salt to skillet, cover, and cook over medium heat until tender, about 4 minutes. Meanwhile, cook tortellini in boiling water until al dente, about 6 minutes. Cut tomatoes in half and add to skillet; toss until heated through. Reserve 1/4 cup pasta cooking water and drain tortellini. Add tortellini to skillet and toss well. Slowly add reserved pasta water to skillet, tossing. Remove skillet from heat, and stir in Parmesan and reserved bacon. Season with 1/4 tsp. salt and pepper, and serve.

Makes 4 servings. Total time: 15 minutes.



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#### **Greek Veggie Burgers**

#### **BURGER INGREDIENTS**

- 1 can (15 oz.) garbanzo beans
- ½ cup oat flour
- ½ cup chopped fresh spinach leaves
- 1/3 cup crumbled feta cheese
- 1 egg
- 2 tbs kalamata olives, chopped
- 2 tsp lemon juice
- 1 tsp garlic, finely chopped
- ½ tsp dried oregano salt and pepper
- 6 hamburger buns, split sliced cucumbers, sliced tomatoes, sliced red onion, lettuce leaves, roasted red peppers or pepperoncini rings, optional

#### **GREEK SAUCE INGREDIENTS**

- ½ cup mayonnaise
- 1/4 cup yogurt
- 1/4 cup crumbled feta cheese or non-dairy cheese

#### **DIRECTIONS**

(1) Mash beans in small bowl until slightly smooth but still chunky. Add remaining burger ingredients and combine thoroughly with hands. Refrigerate for 30 minutes. (2) Form bean mixture into 6 patties. Heat greased large skillet over medium-high heat. Add patties and cook 10 to 12 minutes, gently turning once, until browned on both sides. (3) For Greek Sauce, combine mayonnaise, yogurt and feta cheese in small bowl.

(4) Place patties on bottom halves of buns; top with Greek Sauce and toppings, if desired.

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**NOW YOU'RE COOKING** 

## Two Simple Salad Dressings

If you believe that making great food requires special talent—well, forgive us for saying so, but you're wrong. You can wash lettuce, right? And shake a jar or turn on a blender? If so, you're ready to try these dressings from Lisa Leake, creator of the 100 Days of Real Food blog. "Store-bought dressings are often full of added sugars, and you probably already have most of the ingredients on hand," Leake says. Make a batch over the weekend, and you'll have enough for several salads during the week.

#### **Mustard Vinaigrette**

In a jar with a tight-fitting lid, combine ½ cup extra-virgin olive oil, ¼ cup minced shallot (about 1 small shallot, or substitute minced red onion), 2 Tbsp. white wine vinegar, 1 Tbsp. lemon juice, 1 tsp. Dijon mustard, ¼ tsp. salt, and a pinch of ground black pepper. Secure lid and shake vigorously for about 1 minute, until dressing is emulsified. Store in refrigerator up to 2 weeks.

Makes about ¾ cup. Total time: 10 minutes.

**Tip:** The dressing will become solid in the fridge, so bring it to room temperature by briefly heating it in the microwave or holding the outside of the jar under warm water. Shake before each use.

Tahini Dressing

In a blender, combine 1/3 cup tahini, 1/3 cup extra-virgin olive oil, 1/3 cup water, 1 Tbsp. soy sauce, 1 tsp. honey, and 1 garlic clove, crushed. Puree until smooth. Store covered in refrigerator for up to 2 weeks.

Makes about 1 cup. Total time: 5 minutes.

Adapted from 100 Days of Real Food by Lisa Leake.

TRY THIS DRESSING IN PASTA SALAD! For recipe, go to oprah.com/tahinipastasalad or download the O tablet app.

HOTOGRAPH BY: ALISON GOOTEE. FOOD STYLIST: MARIANA VELASQUEZ. PROP STYLIST: BRIAN HEISER.



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#### **CELOBRATION!**

It's O's 15th anniversary, but all the presents are for you! Visit **Omagonline.com/celobration** and enter for a chance to win great prizes from the May 2015 Ultimate O List and participating advertisers!

NO PURCHASE NECESSARY TO ENTER OR WIN. Celobration Sweepstakes. Sponsored by Hearst Communications, Inc. There are two (2) ways to enter beginning April 14, 2015, at 12:01 AM (ET) through May 11, 2015, at 11:59 PM (ET) (the "Entry Period"): either (i) go to Omagonline.com/celobration on a computer and submit the entry form pursuant to the on-screen instructions or (ii) Wireless Entries: go to Omagonline.com/celobration and submit the entry form pursuant to the on-screen instructions. One (i) Winner(s) will receive a gift basket of items from the May 2015 Ultimate O List (ARV: \$500 (Total ARV: \$500), Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Open to the legal residents of the 50 United States and the District of Columbia who have reached the age of majority in their state or territory of residence at time of entry. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete Official rules available at Omagonline.com/celobration.





NO PURCHASE NECESSARY TO ENTER OR WIN. 15 DAYS OF SPARKLE SWEEPSTAKES. Sponsored by Hearst Communications, Inc. Beginning April 20, 2015, at 12:01 A.M. (ET), through May 4, 2015, at 11:59 P.M. (ET), go to oprah.com/ 15daysofsparkle on a computer or a wireless device and complete and submit the entry form pursuant to the onscreen instructions, including the entry code (available in the May 2015 issue of O, The Oprah Magazine and at oprah.com/15daysofsparkle). Fifteen (15) Winners each will receive a Prize Package consisting of items chosen by Oprah, listed in the 15th anniversary O List appearing in the May 2015 issue of O, The Oprah Magazine (ARV: \$3,661), and \$1,098 in cash, which Winners may use, if they so elect, to help defray any tax liability they may incur in connection with their acceptance of the Prize Package. Total ARV of each Prize Package is \$4,759. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Open to legal residents of the 50 United States and the District of Columbia who are 21 years or older. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at oprah.com/15daysofsparkle.

15TH ANNIVERSARY COVER CONTEST. Sponsored by Hearst Communications, Inc. Beginning April 14, 2015, at 12:01 A.M. (ET), through June 12, 2015, at 11:59 P.M. (ET) (the "Entry Period"), go to omagcircle.com/crystal on a computer or a wireless device and follow the on-screen instructions. Tell us in 100 words or less "What makes you shine?" Fifteen (15) Winners each will receive a prize package consisting of: (i) a limited edition May 2015 anniversary issue with Swarovski crystals and Oprah Winfrey's signature and luxury beauty products (ARV: \$650); and (ii) \$195 in cash, which each Winner may use, if they so elect, to help defray any tax liability they may incur in connection with their acceptance of the Prize Package. Total ARV of each Prize Package: \$845 per winner. Total ARV of all fifteen (15) Prize Packages: \$12,675. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Open to legal residents of the 50 United States and the District of Columbia who are Premier Members of O's Circle of Friends. Void in Puerto Rico and where prohibited by law. Contest is subject to complete official rules available at omagcircle.com/crystal.

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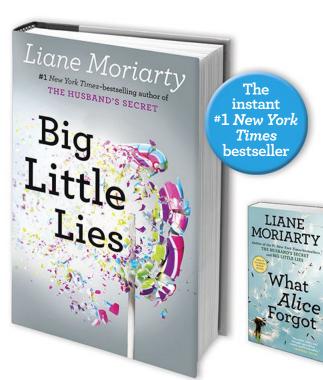
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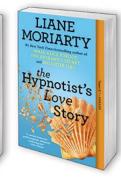
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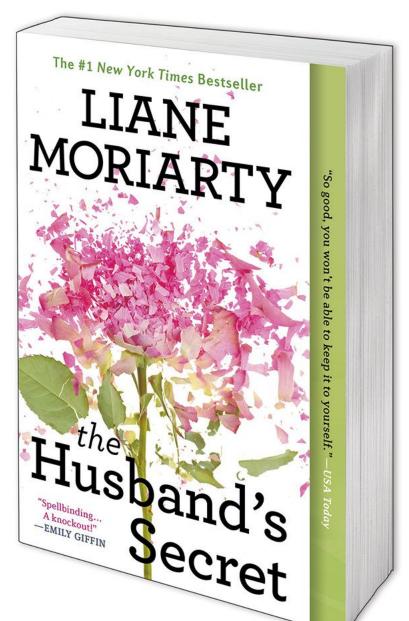
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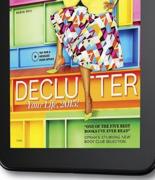


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# 1 NEW YORK TIMES

BESTSELLER







What Oprah knows for sure: It's time to step wholeheartedly into the future.





recently had to let go completely and say goodbye to Harpo Studios in Chicago, the building and production company I created in 1988 to house the Oprah show.

When we started, there were so few of us, we could all fit in a single office. (And I was the one doing the lunch runs to Taco Bell.) By the show's end, in 2011, there were nearly 500 full-time employees.

More than 200 of those employees stayed on to produce new shows for OWN-Oprah Prime, Lifeclass, Iyanla: Fix My Life, Master Class, Super Soul Sunday. But as I came to learn, producing the number one syndicated talk show and building and sustaining a cable network are truly different enterprises that call for different business models.

Saying farewell was sobering, emotional, and hard. It was also necessary. We had the greatest run in television history, but it was time to be realistic about going forward. About growing forward.

Almost half the Harponians had been at the company for more than ten years. Thirty-







From top: OWN's Los Angeles headquarters: words to inspire: the first Oprah show taped at Harpo Studios, January 15, 1990.

one had been there for more than 20. Many became full-fledged adults during those years, marrying, having children, in some cases divorcing and marrying again. Going through the passages of life. I remember Halloween parties with kids running through the halls trick-ortreating; those kids now have kids of their own.

Every person who was part of the company is now part of the great legacy that will forever be Harpo Studios. Long after the building is gone, the work that happened there will matter-to every viewer who ever felt inspired or more informed, who decided to think differently, who made a change, took charge of her life, decided to

do better or be better. Anybody moved in any way by what came from the hands and hearts of the people who worked there-that is the Harpo legacy.

In Los Angeles I've taken up the challenge, along with my core team of Sheri Salata and Erik Logan, to create a new space to evolve in: a state-ofthe-art building on the lot where Marilyn Monroe filmed Some Like It Hot and Natalie Wood shot West Side Story.

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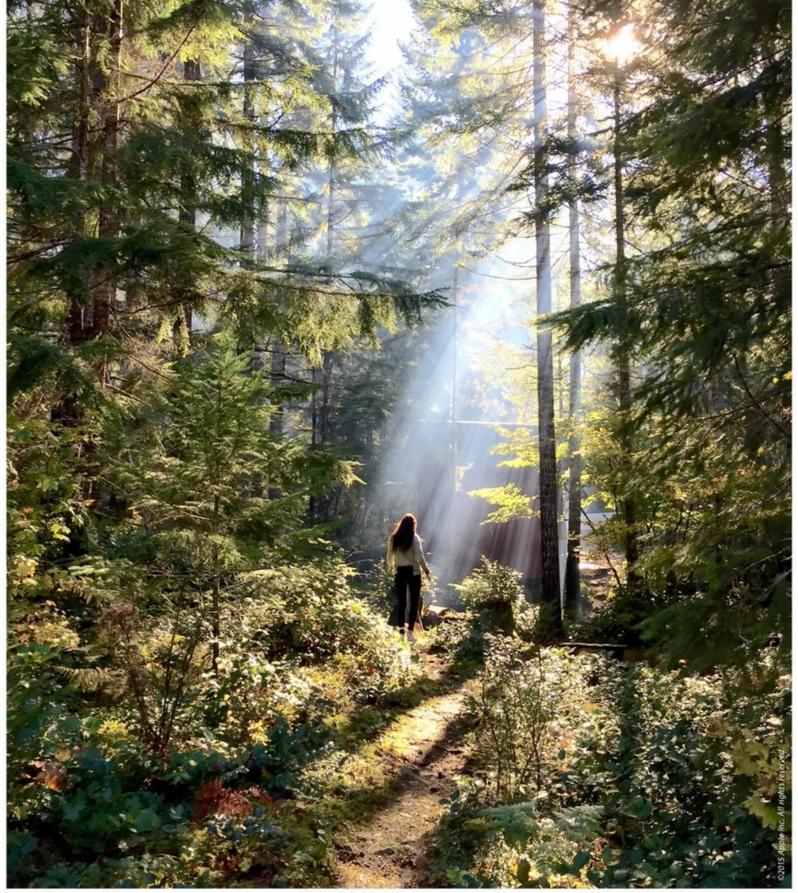
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by Cory S. | apple.com/worldgallery



